

**GCSE Food Preparation and Nutrition AQA**

Below is a key revision list for your mock exam

Please use this list alongside:

- The recommended revision guide
- All our lesson resources including; worksheets, textbook photos, video clips and presentations used in Food lessons, stored under key headings in our Google classroom.
- Illuminate digital Book
- Continue to generate new revision cards on areas you feel less confident about
- Practise past paper questions provided in lessons with mark schemes

Topic area/teaching content	Confidence checker		
	Less confident	Some confidence	Secure knowledge
Why food is cooked and how heat is transferred to food The reasons why food is cooked The different methods of heat transfer Selecting appropriate cooking methods Selection of appropriate preparation, cooking methods and times to achieve desired characteristics			
Low and high biological value proteins Protein complementation Protein alternatives e.g. textured vegetable protein (TVP), soya, mycoprotein and tofu Functional and chemical properties of protein Protein denaturation Protein coagulation Gluten formation Foam formation			
Starch /Sugars (monosaccharides/ Disaccharides) Dietary fibre (non-starch polysaccharide) Functional and chemical properties of protein Gelatinisation Dextrinization Caramelisation			

CAMBRIDGE NATIONAL Child Development REVISION LIST

Topic area/teaching content	Confidence checker		
	Less confident	Some confidence	Secure knowledge
<p>Saturated fats</p> <p>Unsaturated fats (monounsaturated and polyunsaturated)</p> <p>Functional and chemical properties of fats</p> <p>Shortening</p> <p>Aeration</p> <p>Plasticity</p> <p>Emulsification</p>			
<p>Chemical (baking powder, bicarbonate of soda, self-raising flours which produce carbon dioxide)</p> <p>Mechanical (whisking, beating, folding, sieving, creaming and rubbing in – all incorporate air into the mixture)</p> <p>Steam is produced when the water in any moist mixture reaches boiling point</p> <p>Biological (yeast)</p>			
<p>Fat soluble</p> <p>Vitamin A</p> <p>Vitamin D</p> <p>Vitamin E</p> <p>Vitamin K</p> <p>Water soluble</p> <p>B group – B1 (thiamin), B2 (riboflavin), B3 (niacin), folic acid, B12</p> <p>Vitamin C (ascorbic acid)</p> <p>Loss of water soluble vitamins when cooking (B group and Vitamin C)</p> <p>Antioxidant functions of vitamins</p> <p>Vitamin A</p> <p>Vitamin C</p> <p>Vitamin E</p> <p>Minerals</p> <p>Calcium</p> <p>Iron</p> <p>Sodium</p> <p>Fluoride</p> <p>Iodine</p> <p>Phosphorus</p> <p>Water</p> <p>The importance of hydration and the functions of water in the diet</p>			

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	Less confident	Some confidence	Secure knowledge
<p>The current guidelines for a healthy diet</p> <p>Portion size and costing when meal planning</p> <p>How peoples' nutritional needs change and how to plan a balanced diet for different life stages</p> <p>How to plan a balanced meal for specific dietary groups</p> <p>How to maintain a healthy body weight throughout life</p> <p>The basal metabolic rate (BMR) and physical activity level (PAL) and their importance in determining energy requirements</p> <p>The recommended percentage of energy intake provided by protein, fat and carbohydrates (starch and sugar)</p> <p>How to plan and modify recipes, meals and diets to reflect the nutritional guidelines for a healthy diet</p> <p>The relationship between diet, nutrition and health</p> <p>The major diet related health risks</p>			
<p>Factors which influence food choice -</p> <p>To know and understand factors which may influence food choice</p> <p>Food choices -</p> <p>Food choice related to religion, culture, ethical and moral beliefs and medical conditions</p> <p>Food labelling and marketing influences</p> <p>How information about food available to the consumer, including labelling and marketing, influences food choice</p> <p>British and international cuisines</p> <p>Food products from British tradition and two different cuisines</p> <p>Sensory Evaluation</p> <p>Sensory testing methods</p> <p>How taste receptors and olfactory systems work when tasting food</p>			

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	Less Confident	Some confidence	Secure knowledge
<p>Environmental impact and sustainability of food</p> <p>Food Sources</p> <p>Where and how ingredients are grown, reared and caught</p> <p>Food and the environment</p> <p>Environmental issues associated with food</p> <p>Sustainability of food</p> <p>The impact of food and food security on local and global markets and communities</p> <p>Food processing and production</p> <p>Food production</p> <p>Primary and secondary stages of processing and production</p> <p>How processing affects the sensory and nutritional properties of ingredients</p> <p>Technological developments associated with better health and food production</p> <p>Technological developments to support better health and food production including fortification and modified foods with health benefits and the efficacy of these</p>			

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<p>Food spoilage and contamination</p> <p>Microorganisms and enzymes</p> <p>The growth conditions for microorganisms and enzymes and the control of food spoilage</p> <p>Bacteria, yeasts and moulds are microorganisms</p> <p>High risk foods</p> <p>Enzymes are biological catalysts usually made from protein</p> <p>The signs of food spoilage</p> <p>Enzymic action</p> <p>Mould growth</p> <p>Yeast action</p> <p>Microorganisms in food production</p> <p>The use of microorganisms in food production</p> <p>Bacterial contamination</p> <p>The different sources of bacterial contamination</p> <p>The main types of bacteria which cause food poisoning</p> <p>The main sources and methods of control of different food poisoning bacteria types</p> <p>The general symptoms of food poisoning</p> <p>Principles of food safety</p> <p>Buying and storing food</p> <p>The food safety principles when buying and storing food</p> <p>Preparing, cooking and serving food</p> <p>The food safety principles when preparing, cooking and serving food</p>			
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