

OCR GCSE Food Preparation and Nutrition Checklist

Section	Chapter	Page Number	Read through and make notes	Answer the pages practice questions Pages
1. Food Nutrition and Health	1. Macronutrients (Proteins, Fats and Carbohydrates)	1,3, 5	<input type="checkbox"/>	<input type="checkbox"/> 7/8
	2. Micronutrients (Vitamins, Minerals, Fibre and Water)	10,11,12,13	<input type="checkbox"/>	<input type="checkbox"/> 14/15
	3. Healthy Eating Guidelines	16	<input type="checkbox"/>	<input type="checkbox"/> 21/22
	4. Nutritional needs of other groups	17	<input type="checkbox"/>	<input type="checkbox"/> 21/22
	5. Diet related health problems	19	<input type="checkbox"/>	<input type="checkbox"/> 21/22
	6. Energy needs	23	<input type="checkbox"/>	<input type="checkbox"/> 29/30
	7. Nutritional analysis	24	<input type="checkbox"/>	<input type="checkbox"/> 29/30
	8. Planning meals	26	<input type="checkbox"/>	<input type="checkbox"/> 29/31
2. Food Science	1. Why is food cooked?	32	<input type="checkbox"/>	<input type="checkbox"/> 38/39
	2. Heat transfer	33	<input type="checkbox"/>	<input type="checkbox"/> 38/39
	3. Cooking methods(water, fat and dry based)	34-36	<input type="checkbox"/>	<input type="checkbox"/> 38/39
	4. Changing properties (proteins, carbs, fats and oils)	40-42	<input type="checkbox"/>	<input type="checkbox"/> 45/46
	5. Raising agents	44	<input type="checkbox"/>	<input type="checkbox"/> 46/48
3. Food Safety	1. Food spoilage	49	<input type="checkbox"/>	<input type="checkbox"/> 56/57
	2. Storing food safely	51	<input type="checkbox"/>	<input type="checkbox"/> 56/57
	3. Preparing food safely	53	<input type="checkbox"/>	<input type="checkbox"/> 57/59
	4. Food poisoning	54	<input type="checkbox"/>	<input type="checkbox"/> 57/59
	5. Uses of microorganisms	55		
4. Food Choice	1. Influences on food choice	60	<input type="checkbox"/>	<input type="checkbox"/> 67/68
	2. Cultural, religious and moral food choices	62	<input type="checkbox"/>	<input type="checkbox"/> 67/68
	3. British and International cuisines	64	<input type="checkbox"/>	<input type="checkbox"/> 67/68
	4. Food labelling	69	<input type="checkbox"/>	<input type="checkbox"/> 74/75
	5. Influences on marketing	71	<input type="checkbox"/>	<input type="checkbox"/> 74/75
	6. Sensory testing	72	<input type="checkbox"/>	<input type="checkbox"/> 75/76
5. Food Provenance	1. Grown food including GM	77/78	<input type="checkbox"/>	<input type="checkbox"/> 82/83
	2. Reared food	79	<input type="checkbox"/>	<input type="checkbox"/> 82/83
	3. Caught food	80	<input type="checkbox"/>	<input type="checkbox"/> 82/83
	4. Food classification	81	<input type="checkbox"/>	<input type="checkbox"/> 82/83
	5. Waste and food packaging	84	<input type="checkbox"/>	<input type="checkbox"/> 89/90
	6. Food miles and carbon footprint	86	<input type="checkbox"/>	<input type="checkbox"/> 89/90
	7. Global food production	87	<input type="checkbox"/>	<input type="checkbox"/> 89/90
	8. Primary processing	92	<input type="checkbox"/>	<input type="checkbox"/> 97/98
	9. Secondary processing	93	<input type="checkbox"/>	<input type="checkbox"/> 97/98
	10. Food fortification and modification	95	<input type="checkbox"/>	<input type="checkbox"/> 100
6. Food Preparation skills	1. Practical skills	101	<input type="checkbox"/>	<input type="checkbox"/> n/a
	2. Skills checklist	108	<input type="checkbox"/>	<input type="checkbox"/> 108
	1. Exam advice	112		<input type="checkbox"/> 112
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