



# GCSE Food Preparation and Nutrition

Subject: Food Preparation and Nutrition		Paper: 1	Duration: 1hr 30mins
What to revise		How to revise it	
	Subtopics for each <b>Key Area</b>	Log onto the following websites for revision	
1	<b>Food Nutrition and Health –</b> <ol style="list-style-type: none"> <li>1. Macronutrients (Proteins, Fats and Carbohydrates)</li> <li>2. Micronutrients (Vitamins, Minerals, Fibre and Water)</li> <li>3. Healthy Eating Guidelines</li> <li>4. Nutritional needs of others</li> <li>5. Diet related health problems</li> <li>6. Planning meals</li> </ol>	<a href="https://www.bbc.co.uk/bitesize/articles/zf2ck2p#zm33f82">https://www.bbc.co.uk/bitesize/articles/zf2ck2p#zm33f82</a> <a href="https://www.bbc.co.uk/bitesize/guides/zpt33k7/revision/10">https://www.bbc.co.uk/bitesize/guides/zpt33k7/revision/10</a> <a href="https://www.bbc.co.uk/bitesize/guides/zkmpwty/revision/3">https://www.bbc.co.uk/bitesize/guides/zkmpwty/revision/3</a>	
2	<b>Food Science –</b> <ol style="list-style-type: none"> <li>1. Why is food cooked?</li> <li>2. Changing properties (proteins, carbs, fats and oils)</li> <li>3. Raising agents</li> </ol>	<a href="https://senecalearning.com/en-GB/revision-notes/gcse/food-preparation/aqa/and-nutrition/3-1-1-reasons-for-cooking-and-heat-transfer">https://senecalearning.com/en-GB/revision-notes/gcse/food-preparation/aqa/and-nutrition/3-1-1-reasons-for-cooking-and-heat-transfer</a>	
3	<b>Food Safety –</b> <ol style="list-style-type: none"> <li>1. Storing food safely</li> <li>2. Preparing food safely</li> </ol>	<a href="https://www.bbc.co.uk/bitesize/guides/zndnsrd/revision/3">https://www.bbc.co.uk/bitesize/guides/zndnsrd/revision/3</a>	
4	<b>Food Choice –</b> <ol style="list-style-type: none"> <li>1. British and International cuisines</li> <li>2. Food labelling</li> <li>3. Influences on marketing</li> </ol>	<a href="https://www.eufic.org/en/healthy-living/category/food-choice">https://www.eufic.org/en/healthy-living/category/food-choice</a>	
5	<b>Food Provenance –</b> <ol style="list-style-type: none"> <li>1. Grown food including GM</li> <li>2. Waste and food packaging</li> <li>3. Food miles and carbon footprint</li> <li>4. Secondary processing</li> <li>5. Food fortification and modification</li> <li>6. Practical Skills- use of machine equipment</li> </ol>	<a href="https://www.foodafactoflife.org.uk/14-16-years/where-food-comes-from-14-16-years/">https://www.foodafactoflife.org.uk/14-16-years/where-food-comes-from-14-16-years/</a> <a href="https://www.bbc.co.uk/bitesize/guides/zks8jty/revision/1">https://www.bbc.co.uk/bitesize/guides/zks8jty/revision/1</a> <a href="https://www.youtube.com/watch?v=bZunlpj95G4">https://www.youtube.com/watch?v=bZunlpj95G4</a>	