

OCR GCSE Food Preparation and Nutrition

Specification: <https://www.ocr.org.uk/Images/234806-specification-accredited-gcse-food-preparation-and-nutrition-j309.pdf>

Subject: Food Preparation and Nutrition		Paper: 1	Duration: 1hr 30mins
What to revise		How to revise it	
	Subtopics for each Key Area	Log onto the following websites for revision	
1	Food Nutrition and Health – 1. Macronutrients (Proteins, Fats and Carbohydrates) 2. Micronutrients (Vitamins, Minerals, Fibre and Water) 3. Healthy Eating Guidelines 4. Nutritional needs of others 5. Diet related health problems 6. Planning meals	https://www.bbc.co.uk/bitesize/articles/zf2ck2p#zm33f82 https://www.bbc.co.uk/bitesize/guides/zpt33k7/revision/10 https://www.bbc.co.uk/bitesize/guides/zkmpwty/revision/3	
2	Food Science – 1. Why is food cooked? 2. Changing properties (proteins, carbs, fats and oils) 3. Raising agents	https://senecalearning.com/en-GB/revision-notes/gcse/food-preparation/aqa/and-nutrition/3-1-1-reasons-for-cooking-and-heat-transfer	
3	Food Safety – 1. Storing food safely 2. Preparing food safely	https://www.bbc.co.uk/bitesize/guides/zndnsrd/revision/3	
4	Food Choice – 1. British and International cuisines 2. Food labelling 3. Influences on marketing	https://www.eufic.org/en/healthy-living/category/food-choice	
5	Food Provenance – 1. Grown food including GM 2. Waste and food packaging 3. Food miles and carbon footprint 4. Secondary processing 5. Food fortification and modification 6. Practical Skills- use of machine equipment	https://www.foodafactoflife.org.uk/14-16-years/where-food-comes-from-14-16-years/ https://www.bbc.co.uk/bitesize/guides/zks8jty/revision/1 https://www.youtube.com/watch?v=bZunlpj95G4	