

GCSE Food Preparation and Nutrition

Subject: Food Preparation and Nutrition		Paper: 1	Duration: 2 hours
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	Protein - Macronutrients – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize Vitamin A - Micronutrients – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize Food groups and the Eatwell Guide - Food and nutrition for good health – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize Informed Choices for a Balanced Diet Free Notes & Practice – Food Preparation & Nutrition: AQA GCSE Food Preparation and Nutrition - Nutritional Needs of Different Age Groups - AQA - GCSE Flashcards Quizlet Nutrients - Food and nutrition for good health – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize Diet-Related Problems Free Notes & Practice – Food Preparation & Nutrition: AQA GCSE Informed Choices for a Balanced Diet 2 Free Notes & Practice – Food Preparation & Nutrition: AQA GCSE	
2	Food Science – 1. Why is food cooked? 2. Changing properties (proteins, carbs, fats and oils) 3. Raising agents	Reasons for Cooking & Heat Transfer Free Notes & Practice – Food Preparation & Nutrition: AQA GCSE Raising Agents Free Notes & Practice – Food Preparation & Nutrition: AQA GCSE	
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	British Cuisine Free Notes & Practice – Food Preparation & Nutrition: AQA GCSE Mandatory Food Labels Free Notes & Practice – Food Preparation & Nutrition: AQA GCSE	

		Marketing Influences Free Notes & Practice – Food Preparation & Nutrition: AQA GCSE
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	Food origins (14-16 Years) - Food A Fact Of Life Food & The Environment Free Notes & Practice – Food Preparation & Nutrition: AQA GCSE Food & The Environment Free Notes & Practice – Food Preparation & Nutrition: AQA GCSE Food processing and production - Food provenance – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize What is food fortification? - Food additives and fortification – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize https://www.youtube.com/watch?v=bZunlpj95G4 Preparing Fruit, Vegetables & Using Equipment Free Notes & Practice – Food Preparation & Nutrition: AQA GCSE