

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 Key Area	Page numbers below taken from purple CPG Food Preparation and Nutrition revision guide	
1	Food Nutrition and Health – <ol style="list-style-type: none"> 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 	1,3, 5 (practice questions on page 7-8) 10,11,12, (practice questions on page 14-15) (revision flashcards given in lesson) 13 (practice questions on page 21-22) 17-18 (practice questions on page 21-22) 19-20 (practice questions on page 29-30) 26-28 (practice questions on page 29-30)	
2	Food Science – <ol style="list-style-type: none"> 1. Why is food cooked? 2. Changing properties (proteins, carbs, fats and oils) 3. Raising agents 	32 (practice questions on page 38-39) 40-42 (practice questions on page 45-46) (revision flashcards given in lesson) 44 (practice questions on page 46-48)	
3	Food Safety – <ol style="list-style-type: none"> 1. Storing food safely 2. Preparing food safely 	51-52 (practice questions on page 56-57) 53 (practice questions on page 56-57)	
4	Food Choice – <ol style="list-style-type: none"> 1. British and International cuisines 2. Food labelling 3. Influences on marketing 	64 (practice questions on page 67-68) 69-70 (practice questions on page 74-75) 71 (practice questions on page 74-75)	
5	Food Provenance – <ol style="list-style-type: none"> 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 	77/78 (practice questions on page 82-83) 84 (practice questions on page 89-90) 86 (practice questions on page 89-90) 93 (practice questions on page 97-98) 95 (practice questions on page 100) 104 (practice writing safety risks and rules of using machines safely and the pros and cons of using them against by hand)	