

<b>Subject: Food preparation and Nutrition</b>	<b>Written paper</b>	<b>Duration; 1 HOUR 30 MINUTRES</b>
<b>What to revise</b>	<b>How to revise it</b>	
Vegetable classification	<a href="https://www.youtube.com/watch?v=-L-ElrI425c">https://www.youtube.com/watch?v=-L-ElrI425c</a>	
Classification of knives	Pages 101-102	<a href="https://www.youtube.com/watch?v=bYZSm522xOU">https://www.youtube.com/watch?v=bYZSm522xOU</a>
Modification of recipes	Pages 25-27	<b>Practice Page 29 Q2</b>
Function of ingredients	Page 25	<b>Food: A fact of life</b>
Food safety	Pages 50 – 51	<b>Practice: Pages 55 - 57</b>
Food provenance	Pages 78 - 81	<b>Practice: Pages 82 - 83</b>
Sensory Analysis	Pages 72 - 73	<b>Practice: Pages 75 - 76</b>
Best before and use by dates	Pages 48 - 51	<b>Practice: Pages 56 – 57</b> <a href="https://www.food.gov.uk/safety-hygiene/best-before-and-use-by-dates">https://www.food.gov.uk/safety-hygiene/best-before-and-use-by-dates</a>
Food Intolerance	Page 29	<a href="https://www.nhs.uk/conditions/food-intolerance/">https://www.nhs.uk/conditions/food-intolerance/</a>
Vitamins and Minerals	Pages 10 – 12	<b>Practice: Page 15 Qs 1 &amp; 2</b>
Nutritional needs of different groups	Pages 16 - 20	<b>Practice: Page 22 Q 3</b>
Energy needs	Page 23	<b>Practice: Page 29 Q 1</b>
Obesity	Pages 19 – 20	<b>Practice: Page 22 Q1</b>
Influences on Food choice	Pages 59 – 62	<b>Practice: Page 67 Q 1</b>
Sensory testing	Pages 72 - 73	<b>Practice: Page 76 Qs 4, 5 and 6</b>
Food waste	Pages 84 - 85	<b>Practice: Page 90 Q 3</b> <a href="https://www.biffa.co.uk/biffablog/2019/april/10-facts-about-food-waste">https://www.biffa.co.uk/biffablog/2019/april/10-facts-about-food-waste</a>