Name: **Target Grade:** **Challenge Grade:**

AQA Food Preparation & Nutrition.

Year 11 Revision Topic Checklist.

On the following pages there is a list of all the topics you need to cover before your final exam in the summer of 2018.

Using the text book, look through the chapters to determine how competent you feel for each section. Then colour in the box that indicates how confident you feel about the specific content.

Red: I am not confident in the content from this section.

Amber: I can recall some content from this section but need to understand it more.

Green: I can recall all information in this section confidently **and can apply it.**

Topics I feel confident in:

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Topics I need to improve in:

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Section 1: Food, Nutrition and Health				
Chapter 1:	Nutrients			
1.1.1	Protein			
	HBV and LBV proteins			
1.1.2	Fats			
1.1.3	Carbohydrates			
	Monosaccharides, Disaccharides, polysaccharides.			
1.1.4	Vitamins			
	Water soluble and Fat soluble			
1.1.5	Minerals			
	Which Minerals work together with specific Vitamins?			
1.1.6	Water			
Chapter 2:	Nutritional needs and health			
1.2.1	Making informed food choices for a varied and balanced diet			
	Eatwell Guide, and % of each section.			
1.2.2	Energy needs Different age groups of people.			
1.2.3	How to carry out nutritional analysis -			
	Dietary guidelines – Choosing, Preparing, Cooking and Serving			
1.2.4	Diet, nutrition and health			
	Obesity			
	Cardiovascular Disease - CHD			
	Skeletal Disease – Rickets, Osteoporosis, Tooth Decay			
	Anaemia			
	Diabetes – Type 2			
Section 2: Food Science				
Chapter 3	Cooking of food and heat transfer			
2.1.1	Why food is cooked.			
	How heat is transferred to food – Conduction, Convection, Radiation.			
2.1.2	Selecting appropriate cooking methods: Using Moisture Using Oil Dry Heat Microwaves			
	How different cooking methods affect Sensory Appeal and Nutritional Value of foods.			
	How to CONSERVE the nutrients in food.			
Chapter 4	Functional and chemical properties of food			
2.2.1	Proteins			
2.2.2	Carbohydrates			
2.2.3	Fats and oils			
2.2.4	Raising agents: Chemical/ Biological / Mechanical Air Carbon Dioxide Yeast Bicarbonate of Soda Baking powder Steam			
Section 3: Food Safety				
Chapter 5	Food spoilage and contamination			

3.1.1	Micro-organisms and enzymes			
	Conditions needed for microbial growth?			
	What are Enzymes and Enzymic Browning			
	Moulds			
	Yeasts			
3.1.2	The signs of food spoilage			
3.1.3	Micro-organisms in food production			
3.1.4	Bacterial contamination			
	5 Types of food poisoning - Details			
	Key Temperatures – P174			
	Cross contamination and other ways contamination happens.			
Chapter 6	Principles of food safety			
3.2.1	Buying and packaging food.			
	Food storage			
3.2.2	Preparing, cooking and serving food			
	Personal Hygiene			
	Cooking, cooling down and serving food – P197			
	Using food probes			
	Coloured chopping boards and activity – P199 - 201			
Section 4: Food Choice				
Chapter 7	Factors affecting food choice			
4.1.1	Factors that influence food choice and PAL.			
4.1.2	Food choices:			
	Related to Religion and Culture			
	Related to Ethical and Moral beliefs			
	Related to food intolerances and allergies – P217+			
4.1.3	Food labelling and marketing influences			
	What the law says and symbols			
Chapter 8	British and international cuisines			
4.2.1	Traditional cuisines - British			
	Traditional cuisines – Italy, Morocco, others			
Chapter 9	Sensory evaluation			
4.3.1	Sensory evaluation tests			
Section 5: Food Provenance				
Chapter 10	Environmental impact and sustainability			
5.1.1	Food sources			
5.1.2	Food and environment – Food miles / Carbon footprint			
5.1.3	Sustainability of food and Environmental issues – P263 +			
Chapter 11	Processing and production			
5.2.1	Food production			
	Intensive farming			
	Organic farming			
	Rearing livestock			
	Genetically Modified food			
	Gathering and catching wild foods			
	Seasonal foods			
	Locally produced food and food waste			
	Fair Trade			
5.2.2	Technological developments associated with better health and food production			
	Primary processing and examples – P275+			

	Secondary processing and examples			
	Nutritional developments and examples			
	Fortification and examples			
	Additives			
	Own areas of study:			

Notes / Important info: