

# FOOD PREPARATION & NUTRITION (AQA)

<b>Exam Duration</b>	1 hour 45 minutes	<b>Equipment</b>	Bring a pencil and colouring pencils to the exam.
<b>Revision Resources</b>	Class Books and folders Set of past papers <a href="http://www.nutrition.org.uk">www.nutrition.org.uk</a> CGP AQA Food Prep and Nutrition ISBN: 9781782 946496		

## Exam Revision Checklist

Content	Revised?
<p><b>Food nutrition and health:</b></p> Protein Fats Carbohydrates Vitamins Minerals Water Making informed choices for varied / balanced diet. Nutritional analysis Diet, nutrition and health	
<p><b>Food science</b></p> Why food is cooked and how heat is transferred to food. Selecting appropriate cooking methods. Functional and chemical properties of food: <ul style="list-style-type: none"> <li>• Proteins</li> <li>• Carbohydrates</li> <li>• Fats and oils</li> <li>• Fruit and vegetables</li> <li>• Raising agents</li> </ul>	
<p><b>Food safety</b></p> Microorganisms and enzymes Signs of food spoilage Microorganisms in food preparation Bacterial contamination Principles in food safety Buying and storing food Preparing, cooking and serving food	
<p><b>Food choice</b></p> Factors which influence food choice Food choices	

<p>Food labelling and marketing influences British and international cuisines Sensory evaluation</p>	
<p><b>Food provenance</b> Food sources Food and the environment Sustainability of food Food production Technological developments associated with better health and food production</p>	