

FOOD PREPARATION & NUTRITION (AQA)

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

Exam Revision Checklist

Content	Revised?
Food nutrition and health: protein Fats Carbohydrates Vitamins Minerals Water making informed choices for varied / balanced diet. Nutritional analysis Diet, nutrition and health	
Food science Why food is cooked and how heat is transferred to food. Selecting appropriate cooking methods. Functional and chemical properties of food: Proteins Carbohydrates Fats and oils Fruit and vegetables Raising agents	
Food safety 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>Food choice Factors which influence food choice Food choices Food labelling and marketing influences British and international cuisines Sensory evaluation</p>	
<p>Food provenance Food sources Food and the environment Sustainability of food Food production Technological developments associated with better health and food production</p>	