

## FOOD PREPARATION & NUTRITION (AQA)

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|---------------------------|---|------------------|---|
| <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<br>Set of past papers<br><a href="http://www.nutrition.org.uk">www.nutrition.org.uk</a><br>CGP AQA Food Prep and Nutrition ISBN: 9781782 946496 |                  |   |

### Exam Revision Checklist

| Content  | Revised? |
|--|----------|
| <p><b>Food nutrition and health:</b><br/>                     protein<br/>                     Fats<br/>                     Carbohydrates<br/>                     Vitamins<br/>                     Minerals<br/>                     Water<br/>                     making informed choices for varied / balanced diet.<br/>                     Nutritional analysis<br/>                     Diet, nutrition and health</p>                                 |          |
| <p><b>Food science</b><br/>                     Why food is cooked and how heat is transferred to food.<br/><br/>                     Selecting appropriate cooking methods.<br/><br/>                     Functional and chemical properties of food:<br/>                     Proteins<br/>                     Carbohydrates<br/>                     Fats and oils<br/>                     Fruit and vegetables<br/>                     Raising agents</p> |          |
| <p><b>Food safety</b><br/>                     Microorganisms and enzymes<br/>                     Signs of food spoilage<br/>                     Microorganisms in food preparation<br/>                     Bacterial contamination<br/><br/>                     Principles in food safety<br/>                     Buying and storing food<br/>                     Preparing, cooking and serving food</p>   |          |

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