

## **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**

<b>Content</b>	<b>Revised?</b>
<p><b>Food nutrition and health:</b>                      protein                      Fats                      Carbohydrates                      Vitamins                      Minerals                      Water                      making informed choices for varied / balanced diet.                      Nutritional analysis                      Diet, nutrition and health</p>	
<p><b>Food science</b>                      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</p>	
<p><b>Food safety</b>                      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>	
<p><b>Food choice</b>                      Factors which influence food choice</p>	

<p>Food choices 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>	