

## Revision Topics

| Assessment Topic              | Topics to revise – in detail  | Other information  |
|-------------------------------|---|--|
| <b>Nutrition &amp; Health</b> | <b>The Source, Function and Deficiency of Micronutrients (Vitamins &amp; Minerals)</b>    | You will need an overview of the role of all nutrients and healthy eating. Long question will need you to ANALYSE and EVALUATE (give examples and explain) |
|                               | <b>Carbohydrates – starches</b>   |  |
|                               | <b>Healthy Eating Guidelines</b>  |  |
|                               | <b>Eatwell Guide</b>  |  |
|                               | <b>Dietary needs of young children</b>  |  |
| <b>Food Science</b>           | <b>Enzymic Browning</b>   | You need to be able to EXPLAIN the science! Why/ How/ Examples Use the correct terminology Give details such as temperatures                               |
|                               | <b>Raising Agents</b>   |  |
|                               | <b>Sauce-making methods</b>   |  |
|                               | <b>Gelatinisation</b>   |  |
|                               | <b>Methods of Heat Transfer</b>   |  |
| <b>Food Safety</b>            | <b>Personal Hygiene</b>   | Be specific about temperatures Don't talk about 'germs' - BACTERIA Know names of bacteria types as well  |
|                               | <b>Cross Contamination</b>  |  |
|                               | <b>Safe storage of foods in a fridge</b>  |  |
|                               | <b>Reheating rules</b>  |  |
|                               | <b>Preparation and storage of high-risk foods</b>   |  |
|                               | <b>How to use a Temperature Probe safely and hygienically</b>                             |  |
| <b>Food Choice</b>            | <b>Factors that affect food choice</b>  | Explain and give examples throughout. Use PEE model Use correct technical terms  |
|                               | <b>Reasons consumers choose organic products</b>  |  |
|                               | <b>Genetically Modified Foods – what are they &amp; why do some people have concerns?</b> |  |
|                               | <b>How marketing influences choices</b>   |  |
| <b>Food Provenance</b>        | <b>How can supermarkets and households reduce waste</b>                                   | Learn the theory in revision guides and then have your own opinion to add (make sure you back it up!)  |
|                               | <b>Local &amp; Seasonal Foods</b>   |  |
|                               | <b>Fair Trade</b>   |  |