

**Subject: GCSE AQA Food preparation and Nutrition**

**Exam dates: Practical (one of the following) - 1st, 2nd, 3rd, 4th April 2019 AM 3 hours**

**Written paper 10 June 2019 - 1h 45m (50% of GCSE)**

<b>WHAT TO REVISE</b> Key topics for revision	<b>HOW TO REVISE</b> Strategies to help you get started with revision	<b>HELP</b> Other resources you could use to support you
<p><b>1: Food, nutrition and health</b> Macronutrients: Protein, carbohydrates and fat Micronutrients: Vitamins and Minerals Nutritional needs and health: Making informed choices for a varied and balanced diet, energy needs and how diet can affect health</p> <p><b>2. Food science</b> Cooking of food and heat transfer, how heat is transferred to food through: conduction, convection, radiation. Gelatinisation, Dextrinisation, Caramelisation, Shortening, Aeration, Emulsification, Enzymic browning, Coagulation, Denaturation, Gluten, Raising agents.</p> <p><b>3. Food safety</b> Food spoilage and contamination, Microorganisms and enzymes, microorganisms in food production, buying and storing food, temperature control and personal hygiene</p> <p><b>4. Food Choice</b> Food choices linked to religion, allergies and intolerances, Food labelling and marketing influences, British and international cuisines and sensory evaluation</p> <p><b>5. Food provenance</b> Environmental impact and sustainability of food, Food Sources, environmental issues, sustainability of food, processing and production and technological developments.</p>	<p>Make and use flashcards to test yourself</p> <p>Produce thought showers/mind maps</p> <p>Use the CGP revision guides and use questions from the exam practice workbook to practice exam technique</p> <p>Cook a dish at home and explain to a friend/family member the science behind the ingredients</p> <p>Get to know key terms – go through your folder work from Y9 and Y10 highlighting key words, look up keywords in your revision guide(s)</p> <p>Watch animations and video clips in the online textbook (details in next column)</p> <p>Design a poster showing food safety and hygiene points to remember in a kitchen</p> <p>Design quiz questions (using paper, quizlet, quizziz, kahoot) and swap with a friend to test each other</p> <p>Draw diagrams to represent food science terms e.g gelatinisation</p>	<p>Use the AQA Online textbook which includes videos/films/animations and quizzes <a href="http://www.illuminate.digital/aqafood">www.illuminate.digital/aqafood</a></p> <p>Username: STHEWEALD3 Password: STUDENT3</p> <p>Use the following websites to revise: <a href="https://www.gov.uk/government/publications/the-eatwell-guide">https://www.gov.uk/government/publications/the-eatwell-guide</a> Information about the Eatwell plate and healthy eating guidelines.</p> <p><a href="http://www.foodafactoflife.org.uk/">http://www.foodafactoflife.org.uk/</a> Food science and healthy eating</p> <p><a href="http://www.bbc.co.uk/food/techniques">http://www.bbc.co.uk/food/techniques</a> Videos for skills/techniques</p> <p><a href="http://www.bbc.co.uk/food/cuisines">http://www.bbc.co.uk/food/cuisines</a> International cuisines</p> <p><a href="http://www.nutrition.org.uk">www.nutrition.org.uk</a> Nutrition</p> <p><a href="https://www.jamieoliver.com">https://www.jamieoliver.com</a> Recipes and healthy eating</p>