PPE3 Topic Lists for Revision

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| **Subject: Food Preparation and Nutrition** |
| **Component 1:** |
| **Food science**:  Safer food storage rules. Know what is high risk and low risk and the specific advice for storage. What, where and why?  Dextrinisation of starch, dry heat, caramelisation and maillard reaction applied to a baked product in the oven.  Heat transfer: what is conduction, convection and radiation and foods they are used for?  **Healthy Eating**:  Healthy eating guidelines – The Eatwell guide principles applied to menus.  How to create and encourage healthy eating habits.  **Commodities:**  Wheat- all about the grain, farming, extraction rates, gluten and nutritional values.  What flour is gluten free and how does it perform in cooking and baking?  Meat: nutritional values  The positives of reducing meat consumption and negatives.  Meat alternatives – soy, Quorn, beans….and popularity/reasons for choice.  **Skills:**  Choux pastry- all about choux – products, how it is made……  **The environment/morals/food choice**:  Eating/shopping for British Food  The environment  Economy  Health  Nutrition  Food choices – positive and negative |

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| **Strategies and Resources for Revision:** |
| Use your exercise book from year 10  Use the Revision Guide if you have bought one  Attend revision sessions after school  Use Seneca learning via google and create and account or login. Food is extensive on this website |