Topic Lists for Revision

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| **Subject: Food Preparation and Nutrition** |
| **Topic or component:** |
| * Pancakes! I suggest you make some thin crepe pancakes as revision.
* Eggs- red lion mark, changes when eggs are cooked, storage
* Vegetables in our diet as part of a healthy diet.
* Classification of fruit and veg
* Potatoes
* Milk- dairy- nutritional values in whole, semi, skim milk
* Young kids and the need for milk in the diet
* Fats and oils
* How to reduce the fat content in our diet/cooking/eating
* Allergies to foods
* Eatwell guide, 8 tips for healthy eating, water, reducing foods high in fats, sugar and salt
* Learn how to write a healthy meal plan- avoid adding cake/crisps/cola to anyone’s diet as it isn’t needed. Focus on the larger aspects of the Eatwell guide adding in the proteins, dairy and healthy fats and oils, water.
* Food choices and culture
* Food processing – primary and secondary and examples of each
* The canning process (canned fish, veg etc.)Advantages and disadvantages
* How to Preserve excess fruit and veg at home ( NOT CANNING)!
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| **Strategies and Resources for Revision:** |
| Collins Eduquas Revision guideDigital bookPractice long answer/high mark questions by including key words for the topicClass notes |