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 guide  Digital book  Practice long answer/high mark questions by including key words for the topic  Class notes |