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| **Revision topics – This WILL be on the exam** |
| **Topic 1: Making informed choices: - (3.2.3.1)** |
| **The current guidelines for a healthy diet** | **R** | **A** | **G** |
| * Eatwell guide
 |  |  |  |
| * 8 Healthy eating guidelines
 |  |  |  |
| **Portion size and costing when meal planning**<https://www.healthyfood.com/advice/how-to-get-your-portion-sizes-rights/><https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/portion-sizes-and-food-groups> |  |  |  |
| **How people’s nutritional needs change and how to plan a balanced diet for different life stages** | **R** | **A** | **G** |
| * Pre-school children (1-4 years)
 |  |  |  |
| * Children (5-12 years)
 |  |  |  |
| * Adolescents/ teenagers
 |  |  |  |
| * Adults
 |  |  |  |
| * Elderly
 |  |  |  |
| **How to plan a balanced meal for specific dietary groups** | **R** | **A** | **G** |
| * Vegetarian
 |  |  |  |
| * Vegan
 |  |  |  |
| * Coeliacs
 |  |  |  |
| * Lactose intolerant
 |  |  |  |
| * High fibre diets
 |  |  |  |

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| **Revision topics – This WILL be on the exam** |
| **Topic 2: Diet, Nutrition and Health - (3.2.3.4)** |
| **The relationship between diet, nutrition and health** | **R** | **A** | **G** |
| * how diet can affect health and how nutritional needs change in relation to: (see below)
 |  |  |  |
| **Major diet related health risks** | **R** | **A** | **G** |
| * obesity
 |  |  |  |
| * cardiovascular health (coronary heart disease (CHD) and high blood pressure)
 |  |  |  |
| * bone health (rickets and osteoporosis
 |  |  |  |
| * dental health
 |  |  |  |
| * iron deficiency anaemia
 |  |  |  |
| * Type 2 diabetes.
 |  |  |  |

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| **Revision topics – This WILL be on the exam** |
| **Topic 3: Carbohydrates - (3.3.2.2)** |
| **Gelatinisation, Dextrinisation and carmelisation**  | **R** | **A** | **G** |
| * the scientific principles underlying these processes when preparing and cooking food
 |  |  |  |
| * the working characteristics, functional and chemical properties of carbohydrates.
 |  |  |  |

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| **Revision topics – This WILL be on the exam** |
| **Topic 4 – Food safety - (3.4.2.1)** |
| **Buying and storing food** | **R** | **A** | **G** |
| * Food safety advice when buying food
 |  |  |  |
| * What to look for when buying food
 |  |  |  |
| * Types of food storage
 |  |  |  |
| * Temperature control in food storage
 |  |  |  |
| ***Specifics :**** *temperature control:*
	+ *freezing: -18°c*
	+ *chilling: 0 to below 5°c*
	+ *danger zone: 5 to 63°c*
	+ *cooking: 75°c*
	+ *reheating: 75°c*
* *ambient storage*
* *temperature danger zone*
* *correct use of domestic fridges and freezers*
* *date marks*
* *'best before' and 'use by' dates*
* *covering foods*
 |  |  |  |
| **Preparing, cooking and serving food (3.4.2.2)** | **R** | **A** | **G** |
| * The food safety principles when preparing and cooking food
 |  |  |  |
| * Preventing cross contamination
 |  |  |  |
| * Preventing microbial growth and multiplication
 |  |  |  |
| * *personal hygiene*
* *clean work surfaces*
* *separate raw and cooked foods and use of separate utensils*
* *correct cooking times*
* *appropriate temperature control including: defrosting and reheating*
* *appropriate care with high risk foods*
* *correct use of food temperature probes*
 |  |  |  |

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| **Revision topics – This WILL be on the exam** |
| **Topic 5: Factors affecting food choice: - (3.5.1.1)** |
| **To know and understand factors which may influence food choice** | **R** | **A** | **G** |
| The following factors in relation to food choice:* physical activity level (PAL
 |  |  |  |
| * celebration/occasion
 |  |  |  |
| * cost of food
 |  |  |  |
| * preferences
 |  |  |  |
| * enjoyment
 |  |  |  |
| * food availability
 |  |  |  |
| * healthy eating
 |  |  |  |
| * income
 |  |  |  |
| * lifestyles
 |  |  |  |
| * seasonality
 |  |  |  |
| * time of day
 |  |  |  |
| * time available to prepare/cook.
 |  |  |  |

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| **Revision topics – This WILL be on the exam** |
| **Topic 6: Food and the environment - (3.6.1.2)** |
| **The environmental issues associated with food** | **R** | **A** | **G** |
| * Food production of meat and dairy foods
 |  |  |  |
| * Food processing and manufacturing
 |  |  |  |
| * environment issues related to packaging
 |  |  |  |
| * seasonal foods
 |  |  |  |
| * sustainability e.g fish farming
 |  |  |  |
| * transportation – food miles
 |  |  |  |
| * organic foods
 |  |  |  |
| * the reasons for buying locally produced food
 |  |  |  |
| * food waste in the home/food production/retailers
 |  |  |  |
| * Carbon footprint of food
 |  |  |  |

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| **Revision topics – This WILL be on the exam** |
| **Topic 7: Food Production - (3.6.2.1)** |
| **Primary stages of processing and production** | **R** | **A** | **G** |
| * Rearing
 |  |  |  |
| * Fishing
 |  |  |  |
| * Growing
 |  |  |  |
| * harvesting and cleaning of the raw food material (milling of wheat to flour, heat treatment of milk, pasteurised, UHT, sterilised and microfiltered milk)
 |  |  |  |
| **Secondary stages of processing and production**  | **R** | **A** | **G** |
| * how the raw primary processed ingredients are processed to produce a food product
 |  |  |  |
| * (flour into bread and/or pasta,
 |  |  |  |
| * milk into cheese and
 |  |  |  |
| * yoghurt, fruit into jams)
 |  |  |  |
| **How processing affects the sensory and nutritional properties of ingredients** | **R** | **A** | **G** |
| * loss of vitamins through heating and drying
 |  |  |  |
| * the effect of heating and drying on the sensory characteristics of milk
 |  |  |  |