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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 |  |  |  |