

Revision topics – This WILL be on the exam				
Topic 1: Making informed choices: - (3.2.3.1)				
The current guidelines for a healthy diet	Page	R	A	G
<ul style="list-style-type: none"> • Eatwell guide 	38,39			
<ul style="list-style-type: none"> • 8 Healthy eating guidelines 	38			
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	43,44			
How people’s nutritional needs change and how to plan a balanced diet for different life stages		R	A	G
<ul style="list-style-type: none"> • Pre-school children (1-4 years) 	45			
<ul style="list-style-type: none"> • Children (5-12 years) 	45			
<ul style="list-style-type: none"> • Adolescents/ teenagers 	48			
<ul style="list-style-type: none"> • Adults 	50			
<ul style="list-style-type: none"> • Elderly 	51			
How to plan a balanced meal for specific dietary groups		R	A	G
<ul style="list-style-type: none"> • Vegetarian 	56			
<ul style="list-style-type: none"> • Vegan 	56			
<ul style="list-style-type: none"> • Coeliacs 	56			
<ul style="list-style-type: none"> • Lactose intolerant 	56			
<ul style="list-style-type: none"> • High fibre diets 	57			
<ul style="list-style-type: none"> • Low sugar 	57			
<ul style="list-style-type: none"> • Fat reduced 	57			
<ul style="list-style-type: none"> • Low sodium 	57			

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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	70			
➤ cardiovascular health (coronary heart disease (CHD) and high blood pressure)	71,72			
➤ bone health (rickets and osteoporosis)	73			
➤ dental health	74			
➤ iron deficiency anaemia	75			
➤ Type 2 diabetes.	76			

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Topic 3: Carbohydrates - (3.3.2.2)				
Gelatinisation, Dextrinisation and caramelisation		R	A	G
➤ the scientific principles underlying these processes when preparing and cooking food	116-123			
➤ the working characteristics, functional and chemical properties of carbohydrates.	116-123			

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Topic 4 – Food safety - (3.4.2.1)

Buying and storing food			R	A	G
➤ Food safety advice when buying food	186				
➤ What to look for when buying food	187,188				
➤ Types of food storage	188				
➤ Temperature control in food storage	189				
<p><u>Specifics :</u></p> <ul style="list-style-type: none"> ➤ <i>temperature control:</i> <ul style="list-style-type: none"> ○ <i>freezing: -18°C</i> ○ <i>chilling: 0 to below 5°C</i> ○ <i>danger zone: 5 to 63°C</i> ○ <i>cooking: 75°C</i> ○ <i>reheating: 75°C</i> ➤ <i>ambient storage</i> ➤ <i>temperature danger zone</i> ➤ <i>correct use of domestic fridges and freezers</i> ➤ <i>date marks</i> ➤ <i>'best before' and 'use by' dates</i> ➤ <i>covering foods</i> 					
Preparing, cooking and serving food (3.4.2.2)			R	A	G
➤ The food safety principles when preparing and cooking food	192				
➤ Preventing cross contamination	193-196				
➤ Preventing microbial growth and multiplication	196-199				
<ul style="list-style-type: none"> ➤ <i>personal hygiene</i> ➤ <i>clean work surfaces</i> ➤ <i>separate raw and cooked foods and use of separate utensils</i> ➤ <i>correct cooking times</i> ➤ <i>appropriate temperature control including: defrosting and reheating</i> 					

<ul style="list-style-type: none"> ➤ <i>appropriate care with high risk foods</i> ➤ <i>correct use of food temperature probes</i> 				
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<u>Topic 5: Factors affecting food choice: - (3.5.1.1)</u>			
To know and understand factors which may influence food choice	R	A	G
The following factors in relation to food choice:	202,203		
➤ physical activity level (PAL			
➤ celebration/occasion	208		
➤ cost of food	206		
➤ preferences	210		
➤ enjoyment	208		
➤ food availability	207		
➤ healthy eating	203		
➤ income	205		
➤ lifestyles	205		
➤ seasonality	206		
➤ time of day	207		
➤ time available to prepare/cook.	205		

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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	265			
➤ Food processing and manufacturing	265			
➤ environment issues related to packaging	265,266			
➤ seasonal foods	261,262			
➤ sustainability e.g fish farming	269- 273			
➤ transportation – food miles	266			
➤ organic foods	257			
➤ the reasons for buying locally produced food	267			
➤ food waste in the home/food production/retailers	268			
➤ Carbon footprint of food	266,267			

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Topic 7: Food Production - (3.6.2.1)

Primary stages of processing and production			R	A	G
➤ Rearing	255-259				
➤ Fishing	260				
➤ Growing	256-262				
➤ harvesting and cleaning of the raw food material (milling of wheat to flour, heat treatment of milk, pasteurised, UHT, sterilised and microfiltered milk)	274-279				
Secondary stages of processing and production			R	A	G
➤ how the raw primary processed ingredients are processed to produce a food product	279-283				
➤ (flour into bread and/or pasta,	279,280				
➤ milk into cheese and	165-167				
➤ yoghurt, fruit into jams)	281-283				
How processing affects the sensory and nutritional properties of ingredients			R	A	G
➤ loss of vitamins through heating and drying	27,101				
➤ the effect of heating and drying on the sensory characteristics of milk	278,279				