

Personalised Revision Checklist for GCSE Food Preparation and Nutrition

Protein	I must know and understand				
	The functions				
	Main sources				
	Effects of deficiency (not enough)				
	Effects of excess (too much)				
	Related dietary reference values				

Fats	I must know and understand				
	The functions				
	Main sources				
	Effects of deficiency (not enough)				
	Effects of excess (too much)				
	Related dietary reference values				

Carbohydrates	I must know and understand				
	The functions				
	Main sources				
	Effects of deficiency (not enough)				
	Effects of excess (too much)				
	Related dietary reference values				

Vitamins – Fat soluble ● A ● D ● E ● K	I must know and understand				
	The functions				
	Main sources				
	Effects of deficiency (not enough)				
	Effects of excess (too much)				
	Related dietary reference values				

Vitamins – Water soluble ● B ● C	I must know and understand				
	The functions				
	Main sources				
	Effects of deficiency (not enough)				
	Effects of excess (too much)				
	Related dietary reference values				
How preparation and cooking affects nutritional properties of food.					

Vitamins –antioxidant functions ● A ● C ● E	I must know and understand				
	The functions				
	Main sources				
	Effects of deficiency (not enough)				
	Effects of excess (too much)				
	Related dietary reference values				
	How preparation and cooking affects nutritional properties of food.				

Minerals	I must know and understand				
	The functions				
	Main sources				
	Effects of deficiency (not enough)				
	Effects of excess (too much)				
	Related dietary reference values				

Water	I must know and understand				
	Function of water to eliminate waste from body				
	Function of water to cool the body				
	Function of water to aid digestion				
	How water is lost from the body				
	Occasions when extra fluids are needed				

Making informed choices for a varied and healthy diet	I must know and understand				
	Guidelines for healthy eating – Eatwell Guide				
	Nutritional needs at different life stages				
	How to plan a balanced meal for specific dietary needs				

Energy needs	I must know and understand				
	Factors which affect basal metabolic rate				
	The percentage of recommended energy sources				
	Protein 15%				
	Fat 35%				
	Carbohydrates 50%				

How to carry out nutritional analysis	I must know and understand				
	How to use current nutritional information and data to calculate energy and nutritional values				
	Food tables				
	Nutritional analysis software				

Diet, nutrition and health	I must know and understand				
	Obesity				
	Cardiovascular disease				
	High blood pressure				
	Bone health				
	Dental health				
	Iron deficiency anaemia				
Type 2 diabetes					

Why is food cooked and how heat is transferred	I must know and understand				
	Make food safe to eat				
	Develop flavours				
	Improve texture				
	Improve shelf life				
	Give variety to diet				
Improve colour , flavour, texture and smell					

	Conduction				
	Convection				
	Radiation				

Selecting appropriate cooking methods	I must know and understand				
	Select appropriate cooking & preparation methods				
	Can conserve or modify nutritive value				
	Know how cooking and preparation affect appearance, colour, flavour, texture, smell and palatability				

Function and chemical properties of Protein: <ul style="list-style-type: none"> ● Protein denaturation ● Protein coagulation ● Gluten formation ● Foam formation 	I must know and understand				
	Scientific principles underlying these processes when preparing and cooking food				
	The working characteristics, functional and chemical properties of proteins				

Function and chemical properties of Carbohydrates: <ul style="list-style-type: none"> ● Gelatinisation ● Dextrinisation ● Caramelisation 	I must know and understand				
	Scientific principles underlying these processes when preparing and cooking food				
	The working characteristics, functional and chemical properties of proteins				

Function and chemical properties of Fats and Oils: <ul style="list-style-type: none"> ● Shortening ● Aeration ● Plasticity ● Emulsification 	I must know and understand				
	Scientific principles underlying these processes when preparing and cooking food				
	The working characteristics, functional and chemical properties of proteins				

Function and chemical properties of fruit and vegetables: <ul style="list-style-type: none"> ● Enzymic browning ● Oxidation 	I must know and understand				
	Scientific principles underlying these processes when preparing and cooking food				

Function and chemical properties of raising agents: <ul style="list-style-type: none"> ● Chemical ● Mechanical ● Steam 	I must know and understand				
	Scientific principles underlying these processes when preparing and cooking food				
	The working characteristics, functional and chemical properties of proteins				

Microorganisms and enzymes	I must know and understand				
	Growth conditions for microorganisms				
	Control of microorganisms growth				
	High risk foods				
	Control of enzymic action				

Signs of food spoilage	I must know and understand				
	Enzymic action				
	Mould growth				
	Yeast action on fruits				

Microorganisms in the production of food	I must know and understand				
	Mould in the production of blue cheese				
	Yeasts in bread				
	Bacteria in yoghurt and cheese production				

Bacterial contamination	I must know and understand				
	From other contaminated foods				
	Work surfaces and equipment				
	The people cooking				
	Pests				
	Waste food and rubbish				
	Campylobacter				
	E-coli				
	Salmonella				
	Listeria				
Staphylococcus aureus					

Buying and storing food	I must know and understand				
	Temperature control				
	Ambient storage				
	Temperature danger zone				
	Correct use of fridges and freezers				
	Date marks				
	“Best before” and “Use by” dates				
	Covering foods				

Food safety in preparing, cooking and serving food	I must know and understand				
	Personal hygiene				
	Clean work surfaces				
	Separate raw and cooked foods				
	Correct cooking times				
	Temperature control				
	Care with high risk foods				
	Use of food temperature probes				

Factors which may influence food choice	I must know and understand				
	Physical activity level				
	Celebration				
	Cost of food				
	Preferences				
	Enjoyment				
	Food availability				
	Healthy eating				
	Income				
	Lifestyle				

	Seasonality				
	Time of day				
	Time to prepare and cook				
	Be able to cost recipes and make modifications				

How food labelling and marketing influences food choice.	I must know and understand				
	Mandatory information included on packaging				
	Non mandatory information				
	How to interpret labelling				
	How marketing can influence choice				

Food choices related to religion, culture, ethical and moral beliefs and medical conditions	I must know and understand				
	Food choice linked to religious teachings				
	Food choice linked to ethical and moral beliefs				
	Food choice linked to food intolerances				

Foods from British tradition and 2 different cuisines	I must know and understand				
	Distinctive features and characteristics of cooking				
	Equipment and cooking methods used				
	Eating patterns				
	Presentation styles				
	Traditional and modern variations of recipes				

Sensory evaluation	I must know and understand				
	Preference tests: paired preference, hedonic				
	Discrimination tests: triangle				
	Grading tests: ranking, rating and profiling				
	How to set up a taste panel				
	Controlled conditions for sensory testing				
	Evaluating how senses guide				
	Evaluating a wide range of ingredients and food from Britain and other countries				
	How to test sensory qualities of a wide range of foods				

Where and how ingredients are grown, reared and caught	I must know and understand				
	Grown ingredients: fruit, vegetables, cereals				
	Reared ingredients: meat and poultry				
	Caught ingredients: fish				
	Organic and conventional farming				
	Free range production				
	Intensive farming				
	Sustainable fishing				
	Local produced foods				
	Seasonal foods				

Environmental issues associated with food	I must know and understand				
	Seasonal foods				
	Sustainability eg fishing				

	Transportation				
	Organic foods				
	Reasons for buying food locally				
	Food waste in the home/production/retailers				
	Environment issues relating to packaging				
	Carbon footprint				

Impact of food on local and global markets and communities	I must know and understand				
	Climate change				
	Global warming				
	Sustainability of food sources				
	Insufficient land for growing food				
	Availability of food				
	Fairtrade				
	Problems of drought and flooding				
	Genetically Modified foods				
	Food waste				

Food production: Primary and secondary stages of processing and production and how processing affects the sensory and nutritional properties of ingredients	I must know and understand				
	Primary processing related to the rearing, fishing, growing, harvesting and cleaning of the raw food material				
	Secondary processing relating to how the raw primary ingredients are processed to produce a food product				
	Loss of vitamins through heating and drying				
	The effect of heating and drying on the sensory characteristics of milk				

Technological developments to support better health and food	I must know and understand				
	Cholesterol lowering of spreads				
	Health benefits of fortification				
	Thiamine, niacin, calcium and iron added to white bread				
	Folic acid and iron added to breakfast cereals				
	Vitamins A and D added to fats and low fat spreads				
	Positive and negative aspects of additives				
	Positive and negative aspects of Genetically Modified foods				

Food preparation and cooking techniques	I must know and understand				
	Consider lifestyle and choice when planning meals				
	Consider nutritional needs when planning meals				
	Review and make improvements to recipes				
	Manage the time and cost of recipes				
	Use testing and sensory evaluation to improve the recipe during the preparation and cooking process				
Explain, justify and present ideas about chosen cooking methods					

	Make decisions about appropriate cooking, preparing and presenting techniques				
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