

REVISION TOPICS

SUBJECT: AQA FOOD PREPARATION AND NUTRITION

TOPIC/AREA

Food, Nutrition and Health

- Protein, Fats and Carbohydrates
- Vitamins and Minerals
- Fibre and Water
- Healthy eating guidelines
- Nutritional needs
- Diet related health problems
- Energy needs
- Nutritional Analysis
- Planning meals for different groups

Food Science

- Why is food cooked
- Heat transfer and Cooking methods
- Changing properties
- Raising agents

Food safety

- Food spoilage
- Storing food safely and Preparing food safely
- Food poisoning
- Uses of micro organisms

Food choice

- Influences on food choice
- Cultural religious and moral food choices
- Food labelling and Influences of marketing

Food provenance

- Grown food and GM crops
- Reared food and Caught food
- Waste food and Packaging
- Food miles and carbon footprint
- Global food production
- Primary food processing and Secondary food processing
- Food fortification and modification
- Additives

Use **GCSEbitesize** for content, short video clips and tests.

<https://www.bbc.co.uk/bitesize/subjects/zdn9jhw>

Use **GCSEpod** for short podcasts on most if the topics.

<https://members.gcsepod.com/shared/podcasts#6006/6013>

USEFUL APPS/BLOGS/BOOKSETC

GCSE Food Preparation & Nutrition For AQA (Grade 9-1)

AQA GCSE Food Preparation and Nutrition (Anita Tull Gary Little wood)

<https://www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585>

<https://www.illuminate.digital/aqafood/> (username and password available)

<https://foodafactoflife.org.uk/14-16-years/>

Useful you tube experiments

<https://www.youtube.com/watch?v=0oaQVdSXR48&app=desktop>

Different flours > amount of gluten > stretching dough

<https://www.youtube.com/watch?v=0USi4DbRVVQ>

Raising agents

<https://www.youtube.com/watch?v=bJ7uXScRTWw>

Coagulation

<https://www.youtube.com/watch?v=vg5k6t6uZwE>

Conduction of heat

<https://www.youtube.com/watch?v=xyQY8a-ng6g>

Effects of food on your brain

<https://www.youtube.com/watch?v=JlhhAPxEY6I>

Food contamination

<https://www.youtube.com/watch?v=2QQvhFPZedM>

Foodborne illnesses (11mins)

<https://www.youtube.com/watch?v=eKaBQrFdNtw>

Digestion (7mins)

<https://www.youtube.com/watch?v=9iMGFqMmUFs>

What happens If we do not drink water (5mins)

<http://ed.ted.com/lessons/how-the-food-you-eat-affects-your-brain-mia-nacamulli>

How the food we eat affects our brain

<http://ed.ted.com/lessons/what-is-a-calorie-emma-bryce>

What is a calorie?

<http://www.bbcgoodfood.com/videos/techniques/knife-skills>

Knife skills

<https://www.youtube.com/watch?v=TGSgZiEUdYw>

4 Cs <https://www.youtube.com/watch?v=8aWqZd9RScQ>

Eatwell Guide

<https://www.youtube.com/watch?v=UyDqrhQLOHM>

<https://www.youtube.com/watch?v=iQ0dvzA1ynY>

Intro to food allergens

<https://www.youtube.com/watch?v=rNARXt01Gr0>

Intro to Food room – safety & hygiene

<https://www.youtube.com/watch?v=RkdBKb0nokM>

Hugh's fat fight

<https://www.bbc.co.uk/iplayer/episode/b0b0y27w/britains-fat-fight-with-hugh-fearnleywhittingstall-series-1-episode-1>

TOP REVISION TIPS!

- Plan out a revision schedule
- Make flash cards from the revision power point given
- Don't revise while hungry
- Practice, Practice, Practice

REVISION SESSIONS ARE EVERY WEDNESDAY LUNCH. B14. BRING LUNCH WITH YOU.