

# H2R Week

## Question-a-day Revision March 2021 – April 2021

### Subject: Food Preparation & Nutrition



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	NOTES:
<p><b>22<sup>nd</sup> March</b> Hygiene and food safety List 3 personal hygiene rules for cooks and chefs.</p>	<p><b>23<sup>rd</sup> March</b> Hygiene and food safety Explain how and where different foods should be stored in the fridge.</p>	<p><b>24<sup>th</sup> March</b> Hygiene and food safety Key temperatures – draw a thermometer marking fridge, freezer and danger zone temperatures.</p>	<p><b>25<sup>th</sup> March</b> Macro nutrients List the macro nutrients and their functions.</p>	<p><b>26<sup>th</sup> March</b> Macro nutrients Give 3 food sources of each macro nutrient.</p>	<p><b>27<sup>th</sup> March</b> Macro nutrients What happens when you have an excess and a deficiency of carbohydrate, protein and fat?</p>	<p><b>28<sup>th</sup> March</b> Micro nutrients Minerals Name the function and sources of Iron Calcium.</p>	
<p><b>29<sup>th</sup> March</b> Micro nutrients List the water soluble and fat soluble vitamins.</p>	<p><b>30<sup>th</sup> March</b> Micro nutrients List the deficiency diseases for iron, calcium, vitamin B and vitamin C.</p>	<p><b>31<sup>st</sup> March</b> Sauce making Bullet point how to make a roux sauce. Define gelatinisation.</p>	<p><b>1<sup>st</sup> April</b> Sauce making Give an example of a starch based sauce, a reduction sauce and an emulsion sauce.</p>	<p><b>2<sup>nd</sup> April</b> Organic food Give 2 reasons why people buy organic food.</p>	<p><b>3<sup>rd</sup> April</b> Organic food Give 2 advantages and 2 disadvantages of buying organic food.</p>	<p><b>4<sup>th</sup> April</b> Milk heat treatment Explain the difference between pasteurised, sterilised and ultra heat treated (UHT) milks.</p>	
<p><b>5<sup>th</sup> April</b> Name 3 plant based milks and suggest 2 groups of people who might use them.</p>	<p><b>6<sup>th</sup> April</b> Raising agents Give an example of a chemical, biological and mechanical rising agent</p>	<p><b>7<sup>th</sup> April</b> Raising agents Explain how chemical, biological and mechanical raising agents work.</p>	<p><b>8<sup>th</sup> April</b> Explain the difference between primary and secondary food processing and give 2 examples for each.</p>	<p><b>9<sup>th</sup> April</b> Dietary fibre What is the function of fibre, how much do we need daily and what foods is it found in?</p>	<p><b>10<sup>th</sup> April</b> What is meant by Genetically modified (GM ) food?</p>	<p><b>11<sup>th</sup> April</b> Give 2 examples of GM food. Give an advantage and disadvantage of GM foods.</p>	
<p><b>12<sup>th</sup> April</b> Additives What is the purpose of additives in foods?</p>	<p><b>13<sup>th</sup> April</b> Look on 3 food packets and identify the additives. What is their function in these foods?</p>	<p><b>14<sup>th</sup> April</b> Free range foods List 3 free range foods commonly available. Give an advantage and a disadvantage of buying free range foods.</p>	<p><b>15<sup>th</sup> April</b> Heat transfer Explain conduction, convection and radiation. Give 2 cooking methods for each.</p>	<p><b>16<sup>th</sup> April</b> Proteins Explain the difference between high biological value (HBV) and low biological value (LBV) proteins.</p>	<p><b>17<sup>th</sup> April</b> What is gluten and where is it found?</p>	<p><b>18<sup>th</sup> April</b> Explain the following diet related health problems and their causes: obesity, coronary heart disease, anaemia, diabetes and tooth decay.</p>	

**Subject: Food Preparation & Nutrition**

**Exam Board: AQA**

**Mock Exam Paper: June 2018**

**Topic to Revise:**

Macro and micronutrients

Heat transfer

Hygiene and food safety

Pastry

Sauce making

Raising agents

Organic and GM food

Milk heat treatment

Additives