

How to Revise Week

Subject: Food Preparation & Nutrition.



Question-a-day and 20 minute Revision tasks March & April 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	NOTES:
<p>27th March List 2 food hygiene rules for the following: Storing food Preparing food cooking food Serving food.</p>	<p>28th March Explain what a temperature probe is and give 3 rules for using it.</p>	<p>29th March Key temperatures – draw a thermometer marking fridge, freezer and danger zone temperatures.</p>	<p>30th March List the 3 macro nutrients and their functions. Give 3 food sources of each macro nutrient.</p>	<p>31st March List 4 ways of increasing fibre when preparing meals.</p>	<p>1st April Micro nutrients Minerals Name the function and sources of iron and calcium.</p>	<p>2nd April Macro nutrients Explain the difference between saturated and unsaturated fats.</p>	
<p>3rd April Micro nutrients List the water soluble and fat soluble vitamins.</p>	<p>4th April List the deficiency diseases for iron, calcium, vitamins A, B₁₂</p>	<p>5th April Explain conduction, convection and radiation.</p>	<p>6th April List 4 water based and 3 fat-based cooking methods.</p>	<p>7th April Seasonal Foods Give 3 advantages of seasonal foods and 2 examples of foods for each season.</p>	<p>8th April Organic food Explain what is meant by HBV and LBV protein.</p>	<p>9th April Milk heat treatment Find out how milk is processed into cheese.</p>	
<p>10th April Name Explain what is meant by cross contamination and suggest 5 ways of avoiding it in the kitchen.</p>	<p>11th April Raising agents What is meant by fair trade foods? Give 4 examples and give 2 advantages and 2 disadvantages of buying fair trade foods.</p>	<p>12th April Raising agents Explain the role of starchy foods in the body. Give 4 examples..</p>	<p>13th April Explain the difference between primary and secondary food processing and Give 2 example food products for each.</p>	<p>14th April Dietary fibre What is the function of fibre, how much do we need daily and what foods is it found in?</p>	<p>15th April Explain the nutritional needs of young children</p>	<p>16th April Explain the nutritional needs of teenagers.</p>	
<p>20 minute revision task Look on 3 food packets and identify the additives. What is their function in these foods?</p>	<p>20 minute revision task Explain the following diet related health problems and their causes: obesity, coronary heart disease, anaemia, diabetes and tooth decay.</p>	<p>20 minute revision task</p>	<p>20 minute revision task</p>	<p>20 minute revision task</p>			

Subject: Food Preparation & Nutrition

Exam Board:

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