

Question-a-day and 20 minute Revision tasks March - April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	NOTES:
25th March List 3 personal hygiene rules for cooks.	26th March Explain how and where different foods should be stored in the fridge.	27th March Key temperatures – draw a thermometer marking fridge, freezer and danger zone temperatures.	28th March List the macro nutrients and their functions.	29th March Give 3 food sources of each macro nutrient.	30th March Micro nutrients Minerals Name the function and sources of Iron Calcium.	31st March Macro nutrients What happens when you have an excess and a deficiency of carbohydrate, protein and fat?	
1st April Micro nutrients List the water soluble and fat soluble vitamins.	2nd April List the deficiency diseases for iron, calcium, vitamin B and vitamin C.	3rd April Sauce making Bullet point how to make a roux sauce. Define gelatinisation.	4th April Sauce making Give an example of a starch based sauce, a reduction sauce and an emulsion sauce.	5th April Organic food Give 2 reasons why people buy organic food	6th April Organic food Give 2 advantages and 2 disadvantages of buying organic food.	7th April Milk heat treatment Explain the difference between pasteurised, sterilised and ultra heat treated (UHT) milks.	
8th April Name 3 plant based milks and suggest 2 groups of people who might use them.	9th April Raising agents Give an example of a chemical, biological and mechanical rising agent	10th April Raising agents Explain how chemical, biological and mechanical raising agents work.	11th April Explain the difference between primary and secondary food processing and give 2 examples for each.	12th April Dietary fibre What is the function of fibre, how much do we need daily and what foods is it found in?	13th April What is meant by Genetically modified (GM) food?	14th April Give 2 examples of GM food. Give an advantage and disadvantage of GM foods.	
20 minute revision task Look on 3 food packets and identify the additives. What is their function in these foods?	20 minute revision task Explain the following diet related health problems and their causes: obesity, coronary heart disease, anaemia, diabetes and tooth decay.	20 minute revision task	20 minute revision task	20 minute revision task			

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		