

# **Revision for Food Preparation and Nutrition**

## **Year 11**

### **Areas of focus:**

#### **Section A**

Choux Pastry –

#### **Section B**

1. Nutritional Analysis
2. Methods of Heat Transference/Cooking Methods
3. Wheat/ Grains
4. Meat and Protein Alternatives
5. British Foods - Benefits
6. Food Processing
7. Food Safety & Food Preservation
8. Advertising and Technology used

- a. You can use your Revise and Practise Workbook focusing on the key areas above.**
- b. Your classwork text books**
- c. Our digital bundle using the following log on details**

**<https://www.illuminate.digital/aqafood/>**

**Username: STARL3**

**Password: STUDENT3**