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| **GCSE** **Food Preparation and Nutrition Revision List Year 11 Mock 1** | |
| Exam information:  Materials:  For this paper you must have:   * A black pen * A pencil   The exam is broken up into two sections, Section A contains 20 Multiple Choice Questions. Section B is a combination of short and long answers and worth 80 marks. There is a total of 100 marks for this paper. You must answer all questions in this paper. You have 105 minutes for the exam. | |
| Topic | Revised? |
| Protein alternatives |  |
| Allergens (coeliac and lactose intolerance) |  |
| Fat nutrition and suitable alternatives to high fat products |  |
| Additives |  |
| Food Science – carbohydrates |  |
| Functional and chemical properties of cakes and biscuits |  |
| Raising agents |  |
| Eatwell guide |  |
| Healthy eating guidelines |  |
| Food safety – high risk foods preparation, cooking, serving and storing, key temperatures |  |
| Food poisoning |  |
| Food choices – marketing in supermarkets and via social media. |  |
| Secondary processing – yoghurt and cheese |  |
| Food provenance – food waste |  |
| Micronutrients – vitamins and minerals |  |
| Dietary related diseases |  |
| Revision Links | |
| Go onto TEAMS to access GCSEpods, past paper questions, flash cards, mind-maps and Year 10 PowerPoints  Seneca Learning is also a good revision resource. | |