

Revision topics – This WILL be on the exam

Topic 1: Making informed choices: - (3.2.3.1)

The current guidelines for a healthy diet

- Eatwell guide
- 8 Healthy eating guidelines

Portion size and costing when meal planning

<https://www.healthyfood.com/advice/how-to-get-your-portion-sizes-rights/>
<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/portion-sizes-and-food-groups>

How people's nutritional needs change and how to plan a balanced diet for different life stages

- Pre-school children (1-4 years)
- Children (5-12 years)
- Adolescents/ teenagers
- Adults
- Elderly

How to plan a balanced meal for specific dietary groups

- Vegetarian
- Vegan
- Coeliacs
- Lactose intolerant
- High fibre diets

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Topic 2: Diet, Nutrition and Health - (3.2.3.4)

The relationship between diet, nutrition and health

- how diet can affect health and how nutritional needs change in relation to: (see below)

Major diet related health risks

- obesity
- cardiovascular health (coronary heart disease (CHD) and high blood pressure)
- bone health (rickets and osteoporosis)
- dental health
- iron deficiency anaemia
- Type 2 diabetes.

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Topic 3: Carbohydrates - (3.3.2.2)

Gelatinisation, Dextrinisation and caramelisation

- the scientific principles underlying these processes when preparing and cooking food
- the working characteristics, functional and chemical properties of carbohydrates.

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Topic 4 – Food safety - (3.4.2.1)

Buying and storing food

- Food safety advice when buying food
- What to look for when buying food
- Types of food storage
- Temperature control in food storage

Specifics :

- *temperature control:*
 - *freezing: -18°C*
 - *chilling: 0 to below 5°C*
 - *danger zone: 5 to 63°C*
 - *cooking: 75°C*
 - *reheating: 75°C*
- *ambient storage*
- *temperature danger zone*
- *correct use of domestic fridges and freezers*
- *date marks*
- *'best before' and 'use by' dates*
- *covering foods*

Preparing, cooking and serving food (3.4.2.2)

- The food safety principles when preparing and cooking food
- Preventing cross contamination
- Preventing microbial growth and multiplication
 - *personal hygiene*
 - *clean work surfaces*
 - *separate raw and cooked foods and use of separate utensils*
 - *correct cooking times*
 - *appropriate temperature control including: defrosting and reheating*
 - *appropriate care with high risk foods*
 - *correct use of food temperature probes*

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Topic 5: Factors affecting food choice: - (3.5.1.1)

To know and understand factors which may influence food choice

The following factors in relation to food choice:

- physical activity level (PAL
- celebration/occasion
- cost of food
- preferences
- enjoyment
- food availability
- healthy eating
- income
- lifestyles
- seasonality
- time of day
- time available to prepare/cook.

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Topic 6: Food and the environment - (3.6.1.2)

The environmental issues associated with food

- Food production of meat and dairy foods
- Food processing and manufacturing
- environment issues related to packaging
- seasonal foods
- sustainability e.g fish farming
- transportation – food miles
- organic foods
- the reasons for buying locally produced food
- food waste in the home/food production/retailers
- Carbon footprint of food

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Topic 7: Food Production - (3.6.2.1)

Primary stages of processing and production

- Rearing
- Fishing
- Growing
- harvesting and cleaning of the raw food material (milling of wheat to flour, heat treatment of milk, pasteurised, UHT, sterilised and microfiltered milk)

Secondary stages of processing and production

- how the raw primary processed ingredients are processed to produce a food product
- (flour into bread and/or pasta,
- milk into cheese and
- yoghurt, fruit into jams)

How processing affects the sensory and nutritional properties of ingredients

- loss of vitamins through heating and drying
- the effect of heating and drying on the sensory characteristics of milk