| CONTENT TO COVER | **Audit** | Date revised | Date revised | Date revised | **Audit** | Date revised | Date revised | Date revised | **Audit** |
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| 1. Food Commodities |  |  |  |  |  |  |  |  |  |
| * Function in our diet |  |  |  |  |  |  |  |  |  |
| * How to cook it |  |  |  |  |  |  |  |  |  |
| * How to store it |  |  |  |  |  |  |  |  |  |
| * Where it comes from |  |  |  |  |  |  |  |  |  |
| Bread, cereals, flour, oats, rice, potatoes, pasta (starchy foods) |  |  |  |  |  |  |  |  |  |
| Fruit and Vegetables |  |  |  |  |  |  |  |  |  |
| Dairy |  |  |  |  |  |  |  |  |  |
| Meat, fish, poultry, eggs (HBV Protein) |  |  |  |  |  |  |  |  |  |
| Soya, tofu, nuts, seeds (LBV Protein (not soya)) |  |  |  |  |  |  |  |  |  |
| Fats and sugar |  |  |  |  |  |  |  |  |  |
| 1. Nutrition |  |  |  |  |  |  |  |  |  |
| * Functions in the body |  |  |  |  |  |  |  |  |  |
| * Main sources |  |  |  |  |  |  |  |  |  |
| * RDIs |  |  |  |  |  |  |  |  |  |
| * Consequences of too much or too little |  |  |  |  |  |  |  |  |  |
| * Complimentary nutrients |  |  |  |  |  |  |  |  |  |
| Macronutrients (Fat, Protein, carbohydrates – different types) |  |  |  |  |  |  |  |  |  |
| Micronutrients (Vitamins, minerals) |  |  |  |  |  |  |  |  |  |
| Water |  |  |  |  |  |  |  |  |  |
| Fibre |  |  |  |  |  |  |  |  |  |
| 1. Diet and Health |  |  |  |  |  |  |  |  |  |
| Requirements of different groups: |  |  |  |  |  |  |  |  |  |
| * Ages (toddlers, teens, young adults, middle aged, elderly) |  |  |  |  |  |  |  |  |  |
| * SDNs (special dietary needs, diabetics, coeliac, anaemia, CVD, Calcium deficiency, allergies, intolerances) |  |  |  |  |  |  |  |  |  |
| * Lifestyle (vegan, vegetarian, lacto/ovo, religious) |  |  |  |  |  |  |  |  |  |
| * Athletes |  |  |  |  |  |  |  |  |  |
| Basal Metabolic rate (BMR) and physical activity level (PAL) |  |  |  |  |  |  |  |  |  |
| Energy Balance |  |  |  |  |  |  |  |  |  |
| Planning Balanced meal & diets for all groups |  |  |  |  |  |  |  |  |  |
| Calculating nutritional content for meals & diets |  |  |  |  |  |  |  |  |  |
| Changing recipes to decrease sugar & fat, or increase fibre |  |  |  |  |  |  |  |  |  |
| 1. Food Science |  |  |  |  |  |  |  |  |  |
| Effect of cooking: |  |  |  |  |  |  |  |  |  |
| * Why food is cooked |  |  |  |  |  |  |  |  |  |
| * Heat transfer (conduction, convection, radiation) |  |  |  |  |  |  |  |  |  |
| * Cooking methods and their effects |  |  |  |  |  |  |  |  |  |
| * Use of micro-organisms (e.g. yeast) |  |  |  |  |  |  |  |  |  |
| * Faults in cooking and baking |  |  |  |  |  |  |  |  |  |
| Chemical processes: |  |  |  |  |  |  |  |  |  |
| * Gelatinisation |  |  |  |  |  |  |  |  |  |
| * Dextrinisation |  |  |  |  |  |  |  |  |  |
| * Caramelisation |  |  |  |  |  |  |  |  |  |
| * Shortening and plasticity |  |  |  |  |  |  |  |  |  |
| * Aeration |  |  |  |  |  |  |  |  |  |
| * Emulsification |  |  |  |  |  |  |  |  |  |
| * Coagulation |  |  |  |  |  |  |  |  |  |
| * Foam formation |  |  |  |  |  |  |  |  |  |
| * Gluten formation |  |  |  |  |  |  |  |  |  |
| * Denaturation of protein |  |  |  |  |  |  |  |  |  |
| * Enzymatic browning |  |  |  |  |  |  |  |  |  |
| * Oxidisation |  |  |  |  |  |  |  |  |  |
| Food spoilage: |  |  |  |  |  |  |  |  |  |
| * Correct storage (dry, cold, packaging) |  |  |  |  |  |  |  |  |  |
| * Temperature control |  |  |  |  |  |  |  |  |  |
| * Date marks and labelling |  |  |  |  |  |  |  |  |  |
| * Ways of preventing spoilage |  |  |  |  |  |  |  |  |  |
| * Conditions for growth |  |  |  |  |  |  |  |  |  |
| * Signs of spoilage |  |  |  |  |  |  |  |  |  |
| * Cross-contamination |  |  |  |  |  |  |  |  |  |
| * Preservation methods |  |  |  |  |  |  |  |  |  |
| * Food illness/poisoning |  |  |  |  |  |  |  |  |  |
| * Food waste, including financial impact |  |  |  |  |  |  |  |  |  |
| 1. Where food comes from |  |  |  |  |  |  |  |  |  |
| Food Provenance: |  |  |  |  |  |  |  |  |  |
| * Grown, reared, caught food |  |  |  |  |  |  |  |  |  |
| * Food miles and carbon footprint |  |  |  |  |  |  |  |  |  |
| * Packaging and the environment |  |  |  |  |  |  |  |  |  |
| * Food waste and the environment |  |  |  |  |  |  |  |  |  |
| * Global market and communities |  |  |  |  |  |  |  |  |  |
| * Food poverty and food security |  |  |  |  |  |  |  |  |  |
| * Local cuisine |  |  |  |  |  |  |  |  |  |
| * Food around the world /cultures & cuisines |  |  |  |  |  |  |  |  |  |
| Food manufacturing: |  |  |  |  |  |  |  |  |  |
| * Primary, secondary & tertiary processing |  |  |  |  |  |  |  |  |  |
| * Changes in sensory properties through processing |  |  |  |  |  |  |  |  |  |
| * Fortification and modified foods |  |  |  |  |  |  |  |  |  |
| * Flavouring, preservatives, colouring, emulsifiers, stabilisers |  |  |  |  |  |  |  |  |  |
| * additives |  |  |  |  |  |  |  |  |  |
| 1. Cooking and Food Preparation |  |  |  |  |  |  |  |  |  |
| Food Choice: |  |  |  |  |  |  |  |  |  |
| * Sensory analysis (sensory descriptors and range of tests) |  |  |  |  |  |  |  |  |  |
| * Factors that influence choice (preference, budget, availability, seasonality, culture, religion) |  |  |  |  |  |  |  |  |  |
| Preparation and cooking techniques: |  |  |  |  |  |  |  |  |  |
| * Planning dishes |  |  |  |  |  |  |  |  |  |
| * Cooking skills and techniques |  |  |  |  |  |  |  |  |  |
| * Presentation |  |  |  |  |  |  |  |  |  |
| * Hygiene and safety |  |  |  |  |  |  |  |  |  |
| Developing recipes and meals: |  |  |  |  |  |  |  |  |  |
| * Improve and develop meals according to dietary needs, food choices or lifestyle |  |  |  |  |  |  |  |  |  |
| * Timing and costing a recipe |  |  |  |  |  |  |  |  |  |
| * Adjusting according to sensory analysis |  |  |  |  |  |  |  |  |  |
| * Changing cooking methods |  |  |  |  |  |  |  |  |  |