

FOOD PREPARATION AND NUTRITION – EDUQAS GCSE (2017 +) – Revision Tracker

| CONTENT TO COVER | Audit | Date revised | Date revised | Date revised | Audit | Date revised | Date revised | Date revised | Audit |
|--|-------|--------------|--------------|--------------|-------|--------------|--------------|--------------|-------|
| 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 | | | | | | | | | |
| 2. 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 | | | | | | | | | |
| 3. Diet and Health | | | | | | | | | |
| Requirements of different groups: | | | | | | | | | |
| - Ages (toddlers, teens, young adults, middle aged, elderly) | | | | | | | | | |

AUDITS – Assign each topic area with a number representing your confidence level. 1 = Highly confident, 4 = Not at all confident.

DATE REVISED – Add the date after you have revised this topic.

FOOD PREPARATION AND NUTRITION – EDUQAS GCSE (2017 +) – Revision Tracker

| CONTENT TO COVER | Audit | Date revised | Date revised | Date revised | Audit | Date revised | Date revised | Date revised | Audit |
|---|-------|--------------|--------------|--------------|-------|--------------|--------------|--------------|-------|
| - 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 | | | | | | | | | |
| 4. 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 | | | | | | | | | |

AUDITS – Assign each topic area with a number representing your confidence level. 1 = Highly confident, 4 = Not at all confident.

DATE REVISED – Add the date after you have revised this topic.

FOOD PREPARATION AND NUTRITION – EDUQAS GCSE (2017 +) – Revision Tracker

| CONTENT TO COVER | Audit | Date revised | Date revised | Date revised | Audit | Date revised | Date revised | Date revised | Audit |
|--|-------|--------------|--------------|--------------|-------|--------------|--------------|--------------|-------|
| - 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 | | | | | | | | | |
| 5. 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 | | | | | | | | | |

AUDITS – Assign each topic area with a number representing your confidence level. 1 = Highly confident, 4 = Not at all confident.

DATE REVISIED – Add the date after you have revised this topic.

FOOD PREPARATION AND NUTRITION – EDUQAS GCSE (2017 +) – Revision Tracker

| CONTENT TO COVER | Audit | Date revised | Date revised | Date revised | Audit | Date revised | Date revised | Date revised | Audit |
|--|-------|--------------|--------------|--------------|-------|--------------|--------------|--------------|-------|
| Food manufacturing: | | | | | | | | | |
| - Primary, secondary & tertiary processing | | | | | | | | | |
| - Changes in sensory properties through processing | | | | | | | | | |
| - Fortification and modified foods | | | | | | | | | |
| - Flavouring, preservatives, colouring, emulsifiers, stabilisers | | | | | | | | | |
| - additives | | | | | | | | | |
| 6. 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 | | | | | | | | | |

AUDITS – Assign each topic area with a number representing your confidence level. 1 = Highly confident, 4 = Not at all confident.

DATE REVISIED – Add the date after you have revised this topic.