

**AQA Food Preparation and Nutrition
End of Year 10 Exam Preparation 2024**

Knowledge	Confidence
<p>Nutritional Needs and Health</p> <ul style="list-style-type: none"> • The current guidelines for a healthy diet • portion size and costing when meal planning • how people's nutritional needs change and how to plan a balanced diet for different life stages • how to plan a balanced meal for specific dietary groups • how to maintain a healthy body weight throughout life • the relationship between diet, nutrition and health • major diet related health risks. 	
<p>Functional and chemical properties of food</p> <ul style="list-style-type: none"> • Gelatinisation • Dextrinisation • Caramelisation 	
<p>Buying and storing food</p> <ul style="list-style-type: none"> • The food safety principles when buying and storing food. 	
<p>Preparing, cooking and serving food</p> <ul style="list-style-type: none"> • The food safety principles when preparing, cooking and serving food. 	
<p>Factors effecting food choice</p> <ul style="list-style-type: none"> • To know and understand factors which may influence food choice. 	
<p>Environmental impact and sustainability of food</p> <ul style="list-style-type: none"> • environmental issues associated with food Fairtrade foods. 	
<p>Food production</p> <ul style="list-style-type: none"> • Primary and Secondary stages of processing and production • How processing affects the sensory and nutritional properties of ingredients. 	