

GCSE Food Preparation and Nutrition Revision Confidence Grid

These are the main sections of the course. You can use this list to organise your revision.

Unit	Knowledge	Topics	Confident in topic
Food Nutrition and Health			
	Macronutrients	<ul style="list-style-type: none"> • Proteins • Fats • Carbohydrates 	
	Micronutrients	<ul style="list-style-type: none"> • Fat soluble vitamins • Water soluble vitamins • Minerals and trace elements • Fibre and water 	
	Nutritional Needs and Health	<ul style="list-style-type: none"> • Healthy eating guidelines • Nutritional needs of different age groups • Diet related health problems • Energy needs • Nutritional analysis • Planning meals for different 	
Food Science			
	Why and how food is cooked.	<ul style="list-style-type: none"> • Why food is cooked • Heat transfer 	
	Cooking methods	<ul style="list-style-type: none"> • Water-based • Fat-based • Dry methods 	
	Changing properties of foods.	<ul style="list-style-type: none"> • Proteins • Carbohydrates • Fats and oils 	
	Raising agents	<ul style="list-style-type: none"> • Chemical • Mechanical • Biological • Steam 	
Food safety			
	Food spoilage and contamination	<ul style="list-style-type: none"> • Food spoilage • Storing food safely • Preparing food safely • Food poisoning 	
	Use of microorganisms	<ul style="list-style-type: none"> • Moulds • Yeast • Bacteria 	

Food choice			
	Factors effecting food choice	<ul style="list-style-type: none"> • Influences • Cultural, Religious and Moral • British and International cuisine 	
	Food labelling	<ul style="list-style-type: none"> • Law • Nutritional information • Non-compulsory 	
	Marketing	<ul style="list-style-type: none"> • Special offer • Celebrity endorsement • Health claims • Ethical values 	
	Sensory evaluation	<ul style="list-style-type: none"> • Preference test • Discrimination test • Grading test • Fairness 	
Food provenance			
	Grown food	<ul style="list-style-type: none"> • Intensive farming • Organic • Genetically modified 	
	Reared food	<ul style="list-style-type: none"> • Factory farming • Free range • Welfare standards 	
	Caught food	<ul style="list-style-type: none"> • Fishing methods • Sustainable fishing 	
	Environmental impact	<ul style="list-style-type: none"> • Waste food • Packaging • Food miles • Carbon footprint • Global food production 	
	Food processing and production	<ul style="list-style-type: none"> • Primary food processing • Secondary food processing • Food fortification and modification 	
Food preparation and cooking techniques			
	Practical skills	<ul style="list-style-type: none"> • Testing cooking • Different types of knives • Use of equipment • Sauces • Tenderise and marinate • Different types of pastry 	