

Subject Revision

Year Group:	Year 11	Website Page Link:
Subject:	Food Nutrition & Preparation	

Revision activity Number 1

'Know Your Nutrients'

Identify the following for each of the Macro and Micro Nutrients (Carbohydrates, Fats, Protein, Vitamins and Minerals).

Nutrients, Nutritional Need & Health

- The importance of nutrients, fibre and water for our health
- Macronutrients (Carbs, fat and protein)
- Micronutrient's (vitamins & minerals)
- The functions of nutrients in the body – what they do
- Main sources of nutrients and water – which foods they are found in
- The effects of deficiency (not enough) or excess (too much) of a nutrient and water on the body
- The amount of nutrients and water needed
- What a healthy balanced diet is and how to provide one for all groups of people
- How to analyse and interpret nutritional information
- Diet related diseases, their causes and effects on the body
- Create a Flash Card for each nutrient and notes the key information. Write your own questions about the nutrient.
- Discuss the nutrient with someone else OUT LOUD! Tell your dog/cat all about protein – it will help you recall the information.
- Once you have done all the nutrients, practise applying the information to past exam questions.

Resources

Your class book
Online Textbook
<https://illuminate.digital/aqafood/>
Username: SBROOKE3
Password: STUDENT3

Revision Guide PDF (In TEAMS)

Seneca Learning
GCSE Bitesize
GCSE Pod

Revision activity Number 2

For each of the macronutrients you need to identify how they function in a recipe. What happens to them when they are heated in a variety of different ways. You need to recognise which macronutrient group an ingredients fits in to.

Functional and chemical properties of food

- What different ingredients do in recipes
- How and why different ingredients react and change when they are prepared and cooked
- What happens to the appearance, colour, texture and flavour of food in a recipe when it is prepared and cooked
- How to choose the best cooking method for different foods
- Why raising agents are used and how they work in different foods
- Create a mind map for each of the 3 macronutrients – use revision tools to identify the main functions and chemical properties. Then apply this to as many recipes as you can. What does the ingredient do in the recipe? What would happen to the outcome of the recipe if the ingredient wasn't there or was weighted out incorrectly?
- Analyse all the food you eat – what is in it? What have the ingredients done?
- E.G Sponge cake in the restaurant – flour is the bulking agent, it contains gluten which is a protein – the gluten sets when heated and holds the structure or the sponge, it traps the air created by the sugar and butter, and eggs which gives the texture. Too much flour and the cake may sink as not enough air to create the texture, it might also be drier as the flour does not provide moisture.

Once again, follow revision with past paper exam questions.

Resources

As above BUT NOT GCSE Bitesize.
ALSO 'Fun Kitchen' on You Tube – cooking with Mr Mann - there is a Playlist for GCSE – use this link
https://www.youtube.com/watch?v=0USi4DbRVVQ&list=PLXVI8Mt9AJ_qll4FVE41vterGuB87YZT1