

Year 10 – Food Preparation and Nutrition

Exam revision

Exam Time - 1 hour

20 multiple choice questions

3 longer questions

Revision topics

Nutrition – Protein (and protein complementation),

Fat

Carbohydrates

Vitamins

Minerals

Healthy eating

Food choice

Dietary needs

Vegetarians

Food provenance

Seasonal foods

Food safety and hygiene

Food storage

Heat transfer

Cooking methods

Functions of ingredients in recipes – eggs, flour etc

Bread making