



Food



Food Nutrition and Health	Food Science	Food safety
<ul style="list-style-type: none">• Macronutrients – protein, fats, carbohydrate• Micronutrients – vitamins and minerals• Dietary and nutritional needs of individuals• Health problems linked to unhealthy diets (high intake of fat, sugar, salt)	<ul style="list-style-type: none">• Cooking of food (methods)• Heat transfer (convection, conduction, radiation)• Functional and chemical properties of foods (fats, flour, sugar)	<ul style="list-style-type: none">• Food spoilage and contamination (bacteria, moulds, yeast)• Food hygiene and safety (temperatures, time, high risk foods)• Food poisoning
Food choice	Food Provenance	
<ul style="list-style-type: none">• Factors affecting food choice• Recipe choice (understanding recipes and evaluation of nutrient content)• British and international cuisine• Sensory evaluation• Food labelling and packaging	<ul style="list-style-type: none">• Food production and processing (milk and milk products)• Environmental impact and sustainability of food	

Revision Strategies

QUIZLET-CGP BOOK-MINDMAPS

FLASHCARDS