

Food Preparation and Nutrition

REVISION LIST – YEAR 11 MOCK EXAMS



For your Year 11 mock exams, you will be completing the following exams in our subject:

Paper	Time	Marks Available
Paper 1 – Food Preparation and Nutrition	1hour 45 mins	100

To support you in preparing for these exams, you should revise the following aspects of the course:

Topic/ Theme	Started Revision
Functions of Macro and Micro- Nutrients	
8 Dietary Guidelines/Eat Well Guide	
Functions of protein and Protein Alternatives	
Special diets – lactose Intolerance , coeliac disease	
Adapting recipes t make them a healthier alternative	
Food Additives	
Scientific processes – dextrinisation, caramelisation, shortening	
The bread making process	
Functions of Ingredients in pastry and bread	
Raising Agents	
Types of Food Poisoning and symptom	
Examples of High risk foods	
Food waste	

Maximising Our Potential

Confidence

Respect

Aspiration

Resilience

Kindness