

Food Preparation and Nutrition

REVISION LIST – YEAR 10 MOCK EXAMS



For your Year 10 mock exams, you will be completing the following exams in our subject:

Paper	Time	Marks Available
Paper 1 – Food Preparation and Nutrition	1 hour 30 mins	80

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 – LDV and HBV	
Special diets – lactose Intolerance , coeliac disease	
Adapting recipes to make them a healthier alternative	
Food Additives	
Scientific processes – dextrinisation, caramelisation, shortening	
Cooking methods – Convection. Conduction and Radiation	
Functions of Ingredients in Cakes	
Raising Agents	
Types of Food Poisoning and symptoms	
Use of a Food Temperature Probe	
Food and personal hygiene	

Maximising Our Potential