

Year 11 Guided Revision

Subject: Food Preparation and Nutrition

Resources: <https://www.foodafactoflife.org.uk>
<https://www.illuminate.digital/agafood/>

(User:SDOWN3 Password:STUDENT3)

Revision guides are available to purchase via Scopay £5

Wb 5th January	Topic: Food Nutrition and Health Focus: Macronutrients - protein & fat Task: Produce flash cards out lining: sources, function, types (eg carbohydrate – starchy, sugar, fibre), excess/deficiency, amount needed in the diet. Seneca: 2.1.1 & 2.1.2 & 2.1.3 Collins Revision Guide: revise p20, practice p36, review p50
Wb 12th January	Topic: Food Nutrition and Health Focus: Macronutrients - carbohydrate (also include fibre although this is not an actual nutrient) Task: Produce flash cards out lining: sources, function, types (eg carbohydrate – starchy, sugar, fibre), excess/deficiency, amount needed in the diet. Seneca: 2.1.4 & 2.1.5 Collins Revision Guide: revise p22, practice p36, review p50
Wb 19th January	Topic: Food Nutrition and Health Focus: Micronutrients - water soluble vitamins Task: Produce flash cards out lining: sources, function, types (eg carbohydrate – starchy, sugar, fibre), excess/deficiency, amount needed in the diet. Seneca: 2.2.2 Collins Revision Guide: revise p24, practice p37, review p51
Wb 26th January	Topic: Food Nutrition and Health Focus: Micronutrients - fat soluble vitamins Task: Produce flash cards out lining: sources, function, types (eg carbohydrate – starchy, sugar, fibre), excess/deficiency, amount needed in the diet. Seneca: 2.2.1
Wb 2nd February	Topic: Food Nutrition and Health Focus: Micronutrients - minerals Task: Produce flash cards out lining: sources, function, types (eg carbohydrate – starchy, sugar, fibre), excess/deficiency, amount needed in the diet. Seneca: 2.2.3 & 2.2.4 Then complete the end of topic test 2.2.5 to check your knowledge and understanding Collins Revision Guide: revise p26, practice p38, review p51
Wb 9th February (PPE 2)	Topic: Healthy Eating Focus: The Eatwell Guide Guidelines for a healthy diet Nutrition through life Nutrition for diet and medical conditions Energy needs Task: Revise and then try looking at a recipe and work out ways to reduce the fat, salt and sugar and increase the fibre without destroying the end product. There is a lot of Seneca learning this week - this will be the best way to revise. Seneca: 2.3.1, 2.3.2, 2.3.3, 2.3.4, 2.3.5, 2.3.6, 2.3.7, The complete the end of unit test 2.3.8

	Collins Revision Guide: revise p28, 30, practice p38, 39, review p52
Wb 16th February	Half term - independent revision
Wb 23rd February (PPE 2)	Topic: Food Science Focus: Methods of heat transfer: conduction, convention, radiation Methods of cooking: water based, oven, dry heat, fat Task: Revise using your revision guides then look at a range of recipe books and try and identify how heat will be transferred in the dish, what method of cooking is being used and what type of raising agent (if applicable) is required. Seneca: 3.1.1, 3.1.2, 3.1.3, 3.1.4, 3.1.5 Collins Revision Guide: revise p40, practice p54, review p68
Wb 2nd March	Topic: Food Science Focus: Functions of: Protein - denaturing, coagulation, gluten formation Carbohydrates - dextrinization, caramelization, gelatinisation Fat - plasticity, shortening, aeration, emulsification Task: Produce flash cards out lining the scientific functions of proteins, fats and carbohydrates in our cooking. Seneca: 3.2.1 & 3.2.2 Collins Revision Guide: revise p42, 44, 48, practice p54, 56, review p68, p69, p70
Wb 9th March	Topic: Food Science Focus: Raising agents: chemical, biological, mechanical Task: Revise using your revision guides then research recipes that use a range of different raising methods. Identify a range of recipes for each of the types of raising agent. Seneca: 3.2.3 & end of unit test 3.2.4 Collins Revision Guide: revise p48, practice p57, review p72
Wb 16th March	Topic: Food Safety Focus: What is a high risk food? Micro-organisms: Bacteria, yeast, moulds What do Micro-organisms need to grow? Food poisoning bacteria – types and foods that are affected Food Storage – date marks (best before, use by, sell by), temperatures for chilling and freezing Task: How can you slow the growth of micro-organisms? Use You Tube to find out how bacteria multiply and how enzymes cause food to deteriorate. Research – good bacteria in food production. Find out how yoghurt and cheese are made. Explain why bacteria aren't always bad. Seneca: Complete all sections in unit 4 - Food Safety, inc the end of unit test. Collins Revision Guide: revise p58, 60, 62, 64, practice p73, 74, review p86, 87, 88, 89
Wb 23rd March	Topic: Food Choice Focus: Understand that religion, customs, beliefs influence the foods we eat.

	Task: Find out about what dietary rules exist for different religions. Vegetarianism: what types are there? How does diabetes affect food choice? What is the difference between an allergy and an intolerance? Seneca: 5.1.1, 5.1.2, 5.1.3, 5.2.1, 5.2.3, 5.2.4, 5.2.5 Collins Revision Guide: revise p76, practice p90, review p104
Wb 30th March	Topic: Food Choice Focus: Sensory testing: Paired preference Triangle Ranking Rating Profiling Task: Produce a set of cards explaining how each test is carried out, what results it would give you and when it can be used. Seneca: 5.3.1, 5.3.2, 5.3.3, 5.3.4, Collins Revision Guide: revise p80, practice p91, review p105
Wb 6th April	Easter holidays - independent revision
Wb 13th April	Easter Holidays - independent revision
Wb 20th April	Topic: Food Choice Focus: What factors affect food choice: PAL, healthy eating, cost of food, availability of food, seasonality, our likes/dislikes, celebrations & occasions? Task: Explain what needs to be considered when planning what to feed a family. Use the following headings and give two points for each heading. What to cook. How to cook it. Time. Seneca: 5.1.4, 5.1.5, 5.1.6, 5.1.7, 5.1.8 Collins Revision Guide: revise p82, 84, practice p92, 93, review p106, 107
Wb 27th April	Topic: Food Provenance Focus: Food miles Carbon emissions Food waste and landfill Sustainability Traceability Farming methods Task: Produce a set of flash cards for each of the areas of provenance. Seneca: 6.1 (all sections) Collins Revision Guide: revise p94, 96, 98, practice p108, 109, review p112, 113
Wb 4th May	Topic: Food Provenance Focus: Primary and secondary processing Task: Identify primary and secondary processing of: Milk Fruits

	Wheat Seneca: 6.2.1, 6.2.2, 6.2.3 Collins Revision Guide: revise p100, practice p110, review p114
Wb 11th May	Topic: Food Provenance Focus: Methods of preservation Task: Look through your cupboards at home, how are foods being preserved and prevented from going off. Write down as many ways as you can think of before going and revising this topic. Seneca: 6.2.4, 6.2.5, 6.2.6 Collins Revision Guide: revise p102, practice p110, review p114