

EDUQAS GCSE Food Preparation & Nutrition

Year 10 - Revision

Principles of nutrition

What is nutrition
How nutrients work well together
Macro nutrients
Micro nutrients
The necessity of water

Food commodities

Cereals
Fruit & vegetables
Milk, cheese & yoghurt
Meat, poultry, fish & eggs
Beans, nuts, seeds. Soya, tofu & myco-protein
Butter, oil, margarine
Sugar & syrup

The science of cooking food

Why do we cook food?
How to prevent nutrient loss when preparing & cooking food
Methods of heat transfer
The why and how of raising agents
The science behind prepared and cooked foods

Factors affecting food choice

Packaging & labelling
Marketing & advertising
Medical conditions
Cost & food poverty
Ethical choices
Sensory analysis
Culture & religion
Availability & seasonal

Diet & good health

What a 'healthy diet' is
Healthy eating guidelines
Individual nutritional needs
Special dietary needs

Food spoilage

What causes food spoilage
Pathogenic bacteria & food poisoning
How to store food safely
Cooking foods safely
Preserving foods safely
HACCP

Cultures & cuisines

Factors influencing different cuisines

Food provenance & food waste

The meaning of food provenance
Food miles
The problems with food waste
How to prevent food waste
Food packaging & the environment

Technological developments

Technological developments & health
Factors affecting food technology
How technological processing affects food
Food ingredient developments

**Seneca revision
website**