

Assessment Week 2: 02.05.23

Revision topics:

Topics from the recall tests and assessment one will also be assessed

Cereals

- The range of cereal grains
- What are the cereal grains
- Primary & secondary food processing
- Nutritional value

Rice & pasta

- What pasta is and how it is produced
- The variety of rice and pasta available
- How to cook
- How to store

Food provenance & food waste

- What is food provenance
- The impact of food miles on the environment
- The importance of packaging on the environment
- Sustainability & food waste
- Food security

Cultures & cuisines

- The different types of cuisine throughout the world
- The key ingredients for different dishes

Factors affecting food choice

- The range of factors that affect food choice
- How to make informed choices
- Food choice linked to culture, religion, ethical beliefs, medical reasons