

Food Preparation & Nutrition:

Year 10

Assessment Week 1: 03.01.23

Revision topics:

Fish

- The choice of fish available to the consumer
- The importance of sustainability for fish stocks
- The nutritional value of meat in the diet
- What to consider when buying fish
- The composition of fish
- The storage, preparation and cooking of fish

Alternative proteins

- The range of alternative proteins that are available to the consumer
- The importance in the diet/nutritional value
- Allergies and intolerances

Eggs

- The choice of eggs available to the consumer
- Information for consumer choice
- The uses of eggs in dishes and meals
- The functions of eggs in food preparation and cooking
- The safe handling of eggs during food storage, preparation and cooking
- What egg allergy and intolerance are

Cake/pastry

- Ingredients needed for basic mixtures
- The methods of making
- Proportions of ingredients
- Fats & oils
- Sugars and sweeteners

Bread

- The variety of bread products available
- Key ingredients and their functions
- Methods of making