Advance information June 2022
Revision topics – This WILL be on the exam

Topic 1: Making informed choices
Unit 1 – Diet nutrition & health & Unit 4 – Food choice

The current guidelines for a healthy diet	R	A	G
• Functions of macro-nutrients and micro-nutrients, excess, deficiency and food sources.			
• Macro-nutrients = Carbohydrates (sugar, starch, fibre), fats (saturated, unsaturated and trans fats) and protein (HBV, LBV, complementation and alternatives). • Micronutrients = Vit A,D,E,K and B, C and calcium iron, sodium, fluoride, iodine, phosphorus. • The importance of hydration and functions of water in the diet.			
• Eatwell guide & 8 healthy eating guidelines.			
• How to plan and modify recipes, meals and diets to reflect the nutritional guidelines for a healthy diet.			
• RDAs and recommended amounts of macro's and micro's.			
Portion size and costing when meal planning			
• Portion size and guidelines • Consideration of costing when planning a meal.			
How nutritional needs change and balanced diets for different life stages	**R**	**A**	**G**
• Pre-school children (1-4 years)			
• Children (5-12 years)			
• Adolescents			
• Adults			
• Elderly			
• How to maintain a healthy body weight throughout life.			
How to plan a balanced meal for specific dietary groups	**R**	**A**	**G**
• Vegetarian / Veganism			
• Religious dietary needs e.g. Judaism, Islam			
• Coeliac disease			
• Lactose intolerance			
• High fibre diets			

Topic 2: Nutrition and Health & diet related diseases Unit 1 – Diet Nutrition and Health			
The relationship between diet, nutrition and health	**R**	**A**	**G**
• How diet can affect health and how nutritional needs change in relation to: (see below)			
Major diet related health risks	**R**	**A**	**G**
• obesity			
• cardiovascular health (coronary heart disease CHD & high blood pressure)			
• bone health (rickets and osteoporosis)			
• dental health			
• iron deficiency & anaemia			
• Type 2 diabetes			

Topic 3: Carbohydrates Unit 2 – Food science			
Gelatinisation, Dextrinisation and caramelisation	**R**	**A**	**G**
• How preparation and cooking can impact flavour, texture ect			
• Selection of appropriate preparation, cooking methods and times to achieve desired characteristics.			
• the scientific principles underlying gelatinisation, dextrinisation and caramelisation when preparing and cooking food			
• the working characteristics, functional and chemical properties of carbohydrates and example recipes			

Topic 4 – Food safety & hygiene
Unit 3 – Food safety

Buying and storing food	**R**	**A**	**G**
• Food safety advice when buying food & what to look for when buying food.			
• the growth conditions for microorganisms and enzymes and the control of food spoilage.			
• Types of food storage & temperatures control in food storage.			
Specifics: ➢ *temperature control:* ○ *freezing: -18°c* ○ *chilling: 0 to below 5°c* ○ *danger zone: 5 to 63°c* ○ *cooking: 75°c* ○ *reheating: 75°c* ➢ *ambient storage* ➢ *temperature danger zone* ➢ *correct and safe use of domestic fridges and freezers* ➢ *date marks* ➢ *'best before' and 'use by' dates* ➢ *covering foods*			
Preparing, cooking and serving food (3.4.2.2)	**R**	**A**	**G**
• The food safety principles when preparing and cooking food & the different sources of microbial contamination			
• Preventing cross contamination			
• Preventing microbial growth and multiplication			
Specifics: ➢ *personal hygiene* ➢ *clean work surfaces* ➢ *separate raw and cooked foods and use of separate utensils* ➢ *correct cooking times* ➢ *appropriate temperature control including: defrosting and reheating* ➢ *appropriate care with high risk foods* ➢ *correct use of food temperature probes*			

Topic 5: Factors affecting food choice
Unit 4 – Food choice

To know and understand factors which may influence food choice & selecting recipes, justify reasons for choice.	**R**	**A**	**G**
The following factors in relation to food choice:			
• physical activity level (PAL)			
• celebration/occasion			
• cost of food			
• preferences & enjoyment			
• lifestyles (inc. hobbies, careers, family)			
• food availability & seasonality			
• healthy eating guidelines			
• income			
• Skills & education			
• Special dietary requirements – medical, moral, ethical, religious factors ***Specifics:*** ➢ *Animal welfare, Fairtrade, local produce, organic, Genetically Modified(GM) foods.* ➢ *Food choice linked to food intolerances (gluten and* ➢ *lactose) and the following* ➢ *allergies: nuts, egg, milk,* ➢ *wheat, fish and shellfish.*			

Topic 6: Food and the environment
Unit 5 – Food provenance

The environmental issues associated with food	**R**	**A**	**G**
• Food production of meat and dairy foods			
• Food processing and manufacturing			
• Environment issues related to packaging			
• Sustainability e.g fish farming			
• Transportation – food miles, carbon footprint, local foods			
• Organic farming			
• The reasons for buying locally produced food & seasonal foods			
• Food waste in the home/food production/retailers			
• The impact of food security ***Specifics:*** ➢ *climate change* ➢ *global warming* ➢ *sustainability of food sources* ➢ *insufficient land for growing food* ➢ *problems of drought and flooding* ➢ *Genetically Modified (GM) foods*			

Topic 7: Food Production Unit 5 – Food provenance			
Primary stages of processing and production	**R**	**A**	**G**
• Where and how ingredients are grown, reared and caught.			
• Primary processing related to the: rearing, fishing, growing, harvesting and cleaning of raw food materials (e.g. milling of wheat to flour, heat treatment of milk)			
Secondary stages of processing and production	**R**	**A**	**G**
• Secondary processing related to: how the raw primary processed ingredients are processed to produce a food product e.g. milk into cheese and yoghurt.			
How processing affects the sensory and nutritional properties of ingredients	**R**	**A**	**G**
• Loss of vitamins through heat treating and drying			
• The effect of heating and drying on the sensory characteristics e.g. milk			