

# GCSE Revision Map – Food Preparation and Nutrition



SPEC	Topic	Relearn	Practice
<b>3.2</b>	<b>Food, nutrition and health</b>		
3.2.1	Macronutrients	<p>Food a Fact of Life read and watch:  <a href="https://www.foodafactoflife.org.uk/resources/?q=Macronutrients">https://www.foodafactoflife.org.uk/resources/?q=Macronutrients</a></p> <p>Read PowerPoint on topic                      Write down revision cards, mind map, and posters</p>	<p>Food a Fact of Life quiz  <a href="https://www.foodafactoflife.org.uk/14-16-years/activity-packs-and-quizzes-14-16-years/quizzes-14-16-years/quiz-worksheets/">https://www.foodafactoflife.org.uk/14-16-years/activity-packs-and-quizzes-14-16-years/quizzes-14-16-years/quiz-worksheets/</a></p>
3.2.2	Micronutrients	<p>Food a Fact of Life read and watch:  <a href="https://www.foodafactoflife.org.uk/resources/?q=micronutrients">https://www.foodafactoflife.org.uk/resources/?q=micronutrients</a></p> <p>Read PowerPoint on topic                      Write down revision cards, mind map, and posters</p>	<p>Food a Fact of Life quiz  <a href="https://www.foodafactoflife.org.uk/14-16-years/activity-packs-and-quizzes-14-16-years/quizzes-14-16-years/quiz-worksheets/">https://www.foodafactoflife.org.uk/14-16-years/activity-packs-and-quizzes-14-16-years/quizzes-14-16-years/quiz-worksheets/</a></p>
3.2.3	Nutritional needs and health	<p>Food a Fact of Life read and watch:  <a href="https://www.foodafactoflife.org.uk/resources/?q=Nutritional%20needs%20and%20health">https://www.foodafactoflife.org.uk/resources/?q=Nutritional%20needs%20and%20health</a></p> <p>Read PowerPoint on topic                      Write down revision cards, mind map, and posters</p>	<p>Food a Fact of Life quiz  <a href="https://www.foodafactoflife.org.uk/14-16-years/activity-packs-and-quizzes-14-16-years/quizzes-14-16-years/quiz-worksheets/">https://www.foodafactoflife.org.uk/14-16-years/activity-packs-and-quizzes-14-16-years/quizzes-14-16-years/quiz-worksheets/</a></p>
<b>3.3</b>	<b>Food science</b>		
3.3.1	Cooking of food and heat transfer	<p>Food a Fact of Life read and watch:  <a href="https://www.foodafactoflife.org.uk/resources/?q=Cooking%20of%20food%20and%20heat%20transfer">https://www.foodafactoflife.org.uk/resources/?q=Cooking%20of%20food%20and%20heat%20transfer</a></p> <p>Read PowerPoint on topic                      Write down revision cards, mind map, and posters</p>	<p>Food a Fact of Life quiz  <a href="https://www.foodafactoflife.org.uk/14-16-years/activity-packs-and-quizzes-14-16-years/quizzes-14-16-years/quiz-worksheets/">https://www.foodafactoflife.org.uk/14-16-years/activity-packs-and-quizzes-14-16-years/quizzes-14-16-years/quiz-worksheets/</a></p>
3.3.2	Functional and chemical properties of food	<p>Food a Fact of Life read and watch:  <a href="https://www.foodafactoflife.org.uk/resources/?q=Functional%20and%20chemical%20properties%20of%20food">https://www.foodafactoflife.org.uk/resources/?q=Functional%20and%20chemical%20properties%20of%20food</a></p> <p>Read PowerPoint on topic                      Write down revision cards, mind map, and posters</p>	<p>Food a Fact of Life quiz  <a href="https://www.foodafactoflife.org.uk/14-16-years/activity-packs-and-quizzes-14-16-years/quizzes-14-16-years/quiz-worksheets/">https://www.foodafactoflife.org.uk/14-16-years/activity-packs-and-quizzes-14-16-years/quizzes-14-16-years/quiz-worksheets/</a></p>

<b>3.4</b>	<b>Food safety</b>		
3.4.1	Food spoilage and contamination	<p>Food a Fact of Life read and watch:  <a href="https://www.foodafactoflife.org.uk/resources/?q=Food%20spoilage%20and%20contamination">https://www.foodafactoflife.org.uk/resources/?q=Food%20spoilage%20and%20contamination</a></p> <p>Read PowerPoint on topic  Write down revision cards, mind map, and posters</p>	<p>Food a Fact of Life quiz  <a href="https://www.foodafactoflife.org.uk/14-16-years/activity-packs-and-quizzes-14-16-years/quizzes-14-16-years/quiz-worksheets/">https://www.foodafactoflife.org.uk/14-16-years/activity-packs-and-quizzes-14-16-years/quizzes-14-16-years/quiz-worksheets/</a></p>
3.4.2	Principles of food safety	<p>Food a Fact of Life read and watch:  <a href="https://www.foodafactoflife.org.uk/resources/?q=food%20safety">https://www.foodafactoflife.org.uk/resources/?q=food%20safety</a></p> <p>Read PowerPoint on topic  Write down revision cards, mind map, and posters</p>	
<b>3.5</b>	<b>Food choice</b>		
3.5.1	Factors affecting food choice	<p>Food a Fact of Life read and watch:  <a href="https://www.foodafactoflife.org.uk/resources/?q=Factors%20affecting%20food%20choice">https://www.foodafactoflife.org.uk/resources/?q=Factors%20affecting%20food%20choice</a></p> <p>Read PowerPoint on topic  Write down revision cards, mind map, and posters</p>	<p>Food a Fact of Life quiz  <a href="https://www.foodafactoflife.org.uk/14-16-years/activity-packs-and-quizzes-14-16-years/quizzes-14-16-years/quiz-worksheets/">https://www.foodafactoflife.org.uk/14-16-years/activity-packs-and-quizzes-14-16-years/quizzes-14-16-years/quiz-worksheets/</a></p>
3.5.2	British and international cuisines	<p>Food a Fact of Life read and watch:  <a href="https://www.foodafactoflife.org.uk/resources/?q=British%20and%20International%20cuisines">https://www.foodafactoflife.org.uk/resources/?q=British%20and%20International%20cuisines</a></p> <p>Read PowerPoint on topic  Write down revision cards, mind map, and posters</p>	<p>Food a Fact of Life quiz  <a href="https://www.foodafactoflife.org.uk/14-16-years/activity-packs-and-quizzes-14-16-years/quizzes-14-16-years/quiz-worksheets/">https://www.foodafactoflife.org.uk/14-16-years/activity-packs-and-quizzes-14-16-years/quizzes-14-16-years/quiz-worksheets/</a></p>
3.5.3	Sensory evaluation	<p>Food a Fact of Life read and watch:  <a href="https://www.foodafactoflife.org.uk/resources/?q=Sensory%20evaluation">https://www.foodafactoflife.org.uk/resources/?q=Sensory%20evaluation</a></p> <p>Read PowerPoint on topic  Write down revision cards, mind map, and posters</p>	
<b>3.6</b>	<b>Food provenance</b>		
3.6.1	Environmental impact and sustainability of food	<p>Food a Fact of Life read and watch:  <a href="https://www.foodafactoflife.org.uk/14-16-years/where-food-comes-from-14-16-years/food-assurance-14-16-years/">https://www.foodafactoflife.org.uk/14-16-years/where-food-comes-from-14-16-years/food-assurance-14-16-years/</a></p> <p>Read PowerPoint on topic  Write down revision cards, mind map, and posters</p>	<p>Food a Fact of Life quiz  <a href="https://www.foodafactoflife.org.uk/14-16-years/activity-packs-and-quizzes-14-16-years/quizzes-14-16-years/quiz-worksheets/">https://www.foodafactoflife.org.uk/14-16-years/activity-packs-and-quizzes-14-16-years/quizzes-14-16-years/quiz-worksheets/</a></p>

3.6.2	Food processing and production	<p>Bitesize read and watch: <a href="https://www.bbc.co.uk/bitesize/guides/zks8jty/revision/3">https://www.bbc.co.uk/bitesize/guides/zks8jty/revision/3</a></p> <p>Food a Fact of Life read and watch: <a href="https://www.foodafactoflife.org.uk/resources/?q=Food%20processing%20and%20production">https://www.foodafactoflife.org.uk/resources/?q=Food%20processing%20and%20production</a></p> <p>Read PowerPoint on topic Write down revision cards, mind map, and posters</p>	<p>Bitesize quiz <a href="https://www.bbc.co.uk/bitesize/guides/zks8jty/test">https://www.bbc.co.uk/bitesize/guides/zks8jty/test</a></p>
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