

## Food Preparation & Nutrition

All students have been issued with a CGP Revision Guide for Eduqas Food Preparation & Nutrition.

Students have a list of the following topics that will need to be revised from this, prior to their exam.

1. Pasta - making, cooking, flavouring, colouring, nutritional information
2. Bread - Baking, ingredient roles within the recipe, troubleshooting what can go wrong, mass production
3. Obesity - definition, medical consequences of being obese
4. Cholesterol - types, proteins in a diet, the impact of veganism on general health and well-being, deficiencies in dietary needs (specifically proteins)
5. Impact of importing food from around the world, changing a recipe to cater for a specific dietary need, ensuring balance in the daily diet
6. Methods of heat transfer, the physical and chemical changes that occur when cooking meat, baking bread and toasting bread, blanching - why and how
7. Cross-contamination - what it is, how it happens & how to avoid it
8. How food choices and availability can impact our cultures and lifestyles
9. Eggs - cooking methods & uses in a range of recipes
10. The Eatwell Plate - principles of good nutrition