

Revision topics – This WILL be on the exam

Topic 1: Making informed choices: - (3.2.3.1)

The current guidelines for a healthy diet	R	A	G
<ul style="list-style-type: none"> • Eatwell guide • What is The Eatwell Guide - YouTube 			
<ul style="list-style-type: none"> • 8 Healthy eating guidelines • Design and Technology GCSE: Eight tips for healthy eating - BBC Teach 			
<p>Portion size and costing when meal planning</p> <p>https://www.healthyfood.com/advice/how-to-get-your-portion-sizes-rights/ https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/portion-sizes-and-food-groups</p>			
<p>How people’s nutritional needs change and how to plan a balanced diet for different life stages Personal, social and economic factors that affect food choice - Factors affecting food choice – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize</p>	R	A	G
<ul style="list-style-type: none"> • Pre-school children (1-4 years) Why should children include dairy in their daily food intake? - YouTube 			
<ul style="list-style-type: none"> • Children (5-12 years) • School children (4 to 11 years old) - Nutrition and life stages – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize 			
<ul style="list-style-type: none"> • Adolescents/ teenagers • Healthy eating for teens - NHS (www.nhs.uk) 			
<ul style="list-style-type: none"> • Adults • Adults (19 to 64 years old) - Nutrition and life stages – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize 			
<ul style="list-style-type: none"> • Elderly • Older adults (65 years and over) - Nutrition and life stages – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize 			
<p>How to plan a balanced meal for specific dietary groups</p>	R	A	G
<ul style="list-style-type: none"> • Vegetarian Vegetarians - Vegetarians and vegans – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize 			
<ul style="list-style-type: none"> • Vegan • Vegetarians and vegans – CCEA - Video - GCSE Home Economics: Food and Nutrition (CCEA) - BBC Bitesize 			
<ul style="list-style-type: none"> • Coeliacs • About coeliac disease - Coeliac UK 			
<ul style="list-style-type: none"> • Lactose intolerant • Lactose intolerance - Food allergy and food intolerance – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize 			
<ul style="list-style-type: none"> • High fibre diets • Water - Water and fibre – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize 			

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Topic 2: Diet, Nutrition and Health - (3.2.3.4)

<p>The relationship between diet, nutrition and health Why is energy needed? - Energy and nutrients – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize</p>	R	A	G
<ul style="list-style-type: none"> ➤ how diet can affect health and how nutritional needs change in relation to: (see below) ➤ Food groups and the Eatwell Guide - Food and nutrition for good health – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize 			
<p>Major diet related health risks Eating a balanced diet - Diet and nutrition - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize</p>	R	A	G
<ul style="list-style-type: none"> ➤ obesity ➤ Obesity - Priority health issues – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize 			
<ul style="list-style-type: none"> ➤ cardiovascular health (coronary heart disease (CHD) and high blood pressure) ➤ Cardiovascular disease - Priority health issues – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize 			
<ul style="list-style-type: none"> ➤ bone health (rickets and osteoporosis) ➤ Osteoporosis - Priority health issues – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize 			
<ul style="list-style-type: none"> ➤ dental health ➤ Dental caries - Priority health issues – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize 			
<ul style="list-style-type: none"> ➤ iron deficiency anaemia/ Vitamins and Minerals ➤ Vitamins and minerals - Iron - NHS (www.nhs.uk) ➤ The science behind vitamins and minerals - BBC Teach ➤ Iron deficiency anaemia - Priority health issues – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize 			
<ul style="list-style-type: none"> ➤ Type 2 diabetes. ➤ Diabetes - Priority health issues – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize ➤ Type 1 and Type 2 Diabetes - Coordination and control - the human endocrine system - AQA - GCSE Combined Science Revision - AQA Trilogy - BBC Bitesize 			

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Topic 3: Carbohydrates - (3.3.2.2)

Gelatinisation, Dextrinisation and carmelisation

R

A

G

- the scientific principles underlying these processes when preparing and cooking food.
- [The science behind carbohydrates - BBC Teach](#)
- [Carbohydrate - Macronutrients – CCEA - GCSE Home Economics: Food and Nutrition \(CCEA\) Revision - BBC Bitesize](#)

- the working characteristics, functional and chemical properties of carbohydrates.
- [Carbohydrates Functions and Properties of Food \(GCSE\) - YouTube](#)

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Topic 4 – Food safety - (3.4.2.1)

Buying and storing food	R	A	G
<ul style="list-style-type: none"> ➤ Food safety advice when buying food ➤ Food Safety Design and Technology - Food Preparation and Nutrition - YouTube ➤ 			
<ul style="list-style-type: none"> ➤ What to look for when buying food ➤ Food labelling Design and Technology - Food Preparation and Nutrition - YouTube 			
<ul style="list-style-type: none"> ➤ Types of food storage ➤ Home - Chilled Food Association 			
<ul style="list-style-type: none"> ➤ Temperature control in food storage ➤ Understanding Temperature Control (HACCP Lesson - Part 06) - YouTube 			
<p><u>Specifics :</u></p> <ul style="list-style-type: none"> ➤ <i>temperature control:</i> <ul style="list-style-type: none"> ○ <i>freezing: -18°C</i> ○ <i>chilling: 0 to below 5°C</i> ○ <i>danger zone: 5 to 63°C</i> ○ <i>cooking: 75°C</i> ○ <i>reheating: 75°C</i> ➤ <i>ambient storage</i> ➤ <i>temperature danger zone</i> The Temperature Danger Zone Food Safety for People with Weakened Immune Systems [Part 2 of 9] - YouTube ➤ <i>correct use of domestic fridges and freezers</i> ➤ <i>date marks</i> ➤ <i>'best before' and 'use by' dates</i> ➤ <i>covering foods</i> 			
Preparing, cooking and serving food (3.4.2.2)	R	A	G
<ul style="list-style-type: none"> ➤ The food safety principles when preparing and cooking food ➤ Conduction animation - AQA GCSE Food Preparation and Nutrition - YouTube 			
<ul style="list-style-type: none"> ➤ Preventing cross contamination ➤ Basic Food Safety: Chapter 4 "Avoiding Cross Contamination" (English) - YouTube 			
<ul style="list-style-type: none"> ➤ Preventing microbial growth and multiplication ➤ Bacterial Growth - YouTube ➤ Factors Affecting Microbial Growth in Foods - YouTube 			
<ul style="list-style-type: none"> ➤ <i>personal hygiene</i> Personal Hygiene- Learn What Matters in a Food Facility! - YouTube ➤ <i>clean work surfaces</i> ➤ <i>separate raw and cooked foods and use of separate utensils</i> ➤ <i>correct cooking times</i> Temperature Control when preparing and cooking High Risk Foods - YouTube ➤ <i>appropriate temperature control including: defrosting and reheating</i> ➤ <i>appropriate care with high risk foods</i> What Are High-Risk Foods? (foodsafety.ca) 			

➤ correct use of food temperature probes How to use a Temperature Probe Correctly - YouTube			
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Topic 5: Factors affecting food choice: - (3.5.1.1)			

To know and understand factors which may influence food choice factors-affecting-food-choice.pptx (live.com)	R	A	G
The following factors in relation to food choice:			
➤ physical activity level (PAL			
➤ celebration/occasion			
➤ cost of food ➤ Top 10 Grocery Store Tricks to Get You to Buy More - YouTube			
➤ preferences ➤ K is for Kosher A to Z of Religion and Beliefs BBC Teach - YouTube			
➤ enjoyment			
➤ food availability			
➤ healthy eating			
➤ income Factors affecting food choice - YouTube			
➤ lifestyles			
➤ seasonality ➤ Seasonal eating - BBC Bitesize			
➤ time of day			
➤ time available to prepare/cook.			

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Topic 6: Food and the environment - (3.6.1.2)

The environmental issues associated with food

R A G

- Food production of meat and dairy foods
- [Food production - YouTube](#)

- Food processing and manufacturing
- [Food production | Design and Technology - Food Preparation and Nutrition - YouTube](#)

- environment issues related to packaging
- [Food packaging and the environment: Towards the end of single-use packaging? - YouTube](#)

- seasonal foods
- [Seasonal eating - BBC Bitesize](#)

- sustainability e.g fish farming
- [Food Provenance GCSE Food Prep Nutrition - YouTube](#)
- [This Is A Sustainable Fish - YouTube](#)

- transportation – food miles
- [Where does our food come from? | BBC Teach - YouTube](#)

- organic foods
- [What Is Organic Food? - YouTube](#)

- the reasons for buying locally produced food
- [Why buy local? - YouTube](#)
- [Debunking the myths of "buying local" food policies - YouTube](#)

- food waste in the home/food production/retailers
- [How can we solve the planet's food waste problem? - BBC News - YouTube](#)

- Carbon footprint of food
- [What's Your Food Footprint? | Earth Lab - YouTube](#)

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Topic 7: Food Production - (3.6.2.1)

Primary stages of processing and production	R	A	G
<ul style="list-style-type: none"> ➤ Rearing ➤ Chicken meat production. BBC Countryfile - YouTube 			
<ul style="list-style-type: none"> ➤ Fishing ➤ Year 11 - Food Provenance - YouTube ➤ Fish and chips Design and Technology - The Secret Life of our Favourite Dishes - YouTube 			
<ul style="list-style-type: none"> ➤ Growing ➤ From Bean to Bar Divine Chocolate 			
<ul style="list-style-type: none"> ➤ harvesting and cleaning of the raw food material (milling of wheat to flour, heat treatment of milk, pasteurised, UHT, sterilised and microfiltered milk) Baked Bread: how flour is made - YouTube 			
Secondary stages of processing and production	R	A	G
<ul style="list-style-type: none"> ➤ how the raw primary processed ingredients are processed to produce a food product Lesson 1: whole foods vs processed foods - YouTube 			
<ul style="list-style-type: none"> ➤ (flour into bread and/or pasta, ➤ https://www.foodafactoflife.org.uk/11-14-years/food-commodities/cereals/what-are-cereals/ ➤ Wheat farming: an indepth view for older children - YouTube ➤ Where does flour come from - YouTube ➤ The industrial bread process: an indepth view for students (KS3) - YouTube ➤ Baked Bread: how flour is made - YouTube 			
<ul style="list-style-type: none"> ➤ milk into cheese ➤ How Milk Becomes Cheese - YouTube ➤ How Cheese Is Made - YouTube 			
<ul style="list-style-type: none"> ➤ yoghurt, fruit into jams ➤ How is Yoghurt made? 🍷 Maddie's Do You Know? 🧑🏻 - YouTube ➤ How to make strawberry jam - Mary Berry Cooks: Episode 1 Preview - BBC Two - YouTube 			
How processing affects the sensory and nutritional properties of ingredients	R	A	G
<ul style="list-style-type: none"> ➤ loss of vitamins through heating and drying ➤ How Does Cooking Affect Nutrients in Veggies? - YouTube 			
<ul style="list-style-type: none"> ➤ the effect of heating and drying on the sensory characteristics of milk ➤ What is Pasteurized milk? Ask Organic Valley - YouTube 			

Revision:

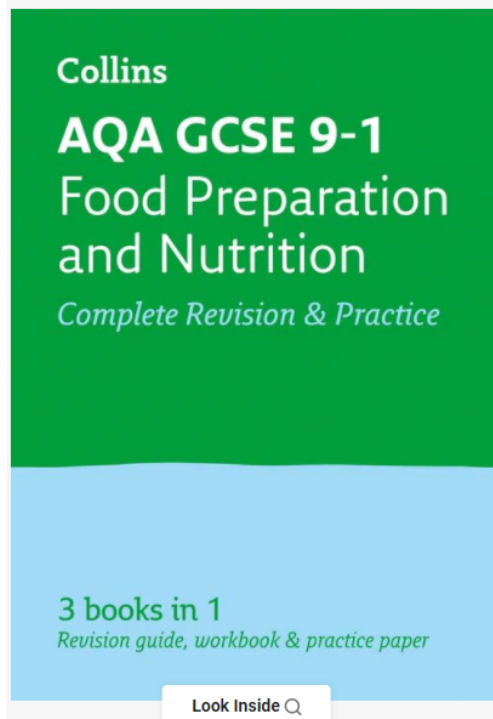
Knowledge Organisers: [Knowledge organisers - Food A Fact Of Life](#)

Collins revision book: [Collins GCSE Grade 9-1 Revision - AQA GCSE 9-1 Food Preparation and Nutrition All-in-One Complete Revision and Practice: Ideal for home learning, 2022 and 2023 exams \(Collins GCSE Grade 9-1 Revision\)](#)

Revision Book: [AQA GCSE Food Preparation and Nutrition Revision Guide - Illuminate Publishing](#)

Keywords bank: [AQA | Subject specific vocabulary](#)

Practical revision and top tips from Mr. Mann: [Fun Kitchen - Cookery for Schools - YouTube](#)



Collins GCSE Grade 9-1 Revision - AQA GCSE 9-1 Food Preparation and Nutrition All-in-One Complete Revision and Practice : Ideal for home learning, 2022 and 2023 exams

Author Collins GCSE, Fiona Balding, Kath Callaghan, Suzanne Gray, Barbara Monks and Barbara Rathmill, With Louise T Davies
Format Paperback

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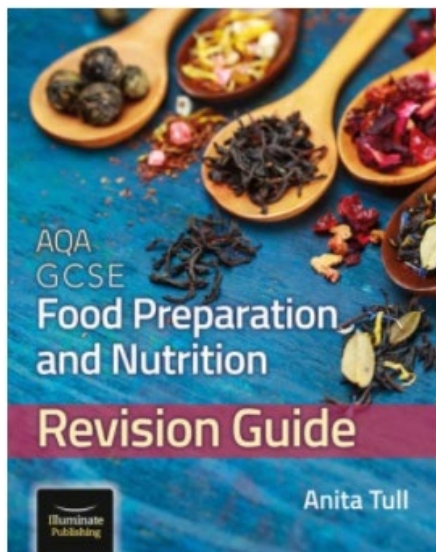
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