

Year 11 Food Technology Autumn PPE 1 REVISION

TOPIC LIST

MULTIPLE CHOICE - SECTION A

General revision - functions of vitamins A-K, macro micronutrients, eat well guide, cooking temperatures, shelf life

LONGER ANSWER QUESTIONS - SECTION B

Food storage - shelf life, best before etc.

Functions of macro/micro nutrients

Safety and Hygiene - food prep, cleanliness and personal hygiene

Eatwell Guide/5 a day/Healthy eating guidelines/Fibre

Dangers of poor nutrition - Ready meals/fast food/takeaways

Special diets/ Religion - Quick recap of key rules for religion and dietary needs

Consumer groups and life stages

Health problems and issues - poor bone health and issues poor diet can lead to

Revision Plan - use with topic list

TASK	Topic Area	Video Link	Activity	Pages in CGP revision guide
1	General revision - functions of vitamins A-K, macro micronutrients, eat well guide, cooking temperatures,	Bitesize link Why is energy needed? - Energy and nutrients - CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize	You can also watch the video (optional) do the test at the end to check learning. Test Energy and nutrients test questions - GCSE Home Economics: Food and Nutrition (CCEA) - BBC Bitesize	7-8 9,66 11 24-27
2	Body and Bone health problems poor bone health and poor diet can lead to	Bitesize link Priority health issues at a glance - Priority health issues - CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize	You can also watch the video (optional) do the test at the end to check learning. Test	7,9,15
3	Consumer groups and life stages	Bitesize link School children (4 to 11 years old) - Nutrition and life stages - CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize	You can also watch the video (optional) do the test at the end to check learning. Test Ages and stages test questions - GCSE Home Economics: Food and Nutrition (CCEA) - BBC Bitesize	42-53

4	Food groups and The Eatwell Guide/5 a day/Healthy eating guidelines/Fibre Modification of recipes	Food groups and the Eatwell Guide - Food and nutrition for good health - CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize	You can also watch the video (optional) do the test at the end to check learning. Test Food and nutrition for good health: CCEA test questions - GCSE Home Economics: Food and Nutrition (CCEA) - BBC Bitesize	11 16 18,20 28
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