

Year 10 End of Year Exam

FOOD GCSE TOPIC LIST FOR REVISION 2023

GCP Red Revision Book, topic and pages below:

Nutrition Food and Health

Macro nutrients	P1-5
Micro Nutrients	P6-10
Healthy Eating Guidelines	P11
Nutritional Needs for different groups	P12-13
Diet related Health	P14-P15
Energy needs	P16
Nutritional analysis	P17-18
Planning meals for different groups	P19-20
Food fortification & modification	P66-67

Food Science

Why Food is Cooked	P22
Heat Transfer & cooking methods	P22-27
Changing properties of protein	P28
Changing properties of carbohydrates	P29
Raising agents	P32

Food Safety

Storing food safely	P36-37
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Influences on Food Choice

Factors that affect food choice	P42-45
Food labelling	P46-47

Class charts – Knowledge organisers for revision

Seneca learning – revision topic set.

CGP – white revision activity book (these can be purchased on SCO Pay)

CGP – red revision book (these can be purchased on SCO Pay)

BBC bite size, revision, videos and online quizzes
