

Year 10 PPE revision list

Having gone through the exam in detail, if you were to ensure that your knowledge of the following topics were secure you will find the exam productive.

Start by ticking and RAG rating topics so that you can ensure you have checked these, e.g. I don't think we have looked at GM food, Milk, Food additives yet so these are topics that you will need to look.

	R	A	G
Proteins			
Fats			
Carbohydrates			
Minerals			
Vitamins			
Macronutrients			
Micronutrients			
Food Science – dextrinization, enzymic browning, gelatinisation, caramelisation			
Food Safety			
Food Hygiene			
Bacterial contamination			
Convection, conduction, radiation			
Food labelling			
Food miles			
Cooking safely with meat, fish			
Dietary fibre			
Raising agents – biological and chemical			
Organic food			
Genetically modified food			
Milk – Pasteurised, sterilised, UHT (Ultra heat treated)			
Food additives			
Food intolerances			
Food Allergies/Allergens			
Dietary deficiencies			
Food sustainability			
Balanced diets, the eatwell guide			