Eduqas- Food Preparation and Nutrition  Revision Guide WJEC EDUQAS GCSE Food prep and nutrition revision guide from Hodder education.  ISBN 9781471885396  Knowledge and understanding  Nutrition  Fats  The dietary function and sources of:  * sturated  * unsaturated  * unsatura	Design and Technology:		
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ISBN 9781471885396  Knowledge and understanding  Nutrition  Fats  The dietary function and sources of:  * saturated  * unsaturated  polyunsaturated  polyunsaturated  polyunsaturated  ### Size of the dietary function, sources and deficiency of:  #### High biological value) protein  ### LBV (now biological value) protein  #### LBV (now biologica value) protein  #### LBV (now biological value) protein  ###	, ,		
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Essential fatty acids.  Protein  The dietary function, sources and deficiency of:  +IBV (high biological value) protein  • LBV (low biological value) protein.  Carbohydrates  The dietary function and sources of:  • sugar  • starch  • fibre/NSP (non-starch polysaccharides).  Vitamins  The dietary function, sources and deficiency of the following vitamins:  • 14 stoluble A, D  • water soluble B1,B2, folic acid, C.  Minerals  The functions, sources and deficiency of:  • calcium  • iron  • sodium  •fluoride.  Energy balance  Use of energy in the body, mechanical, chemical, heat, electrical  •energy requirements age, gender, occupation, physical activity and exercise, life stage: pregnancy  Balanced diet  Dietary guidelines-  • eat less saturated and hydrogenated fat  •eat more fibre, starchy, low GI (glycaemic index) foods  •eat less saturated and hydrogenated fat  •eat more fibre, starchy, low GI (glycaemic index) foods  •eat less saturated and hydrogenated fat  •eat more fibre, starchy, low GI (glycaemic index) foods  •eat less saturated and hydrogenated fat  •eat more fibre, starchy, low GI (glycaemic index) foods  •cat less loads  •cat less saturated and hydrogenated fat  •cat more fibre, starchy, low GI (glycaemic index) foods  •cat less loads  •cat less saturated and hydrogenated fat  •cat more fibre, starchy, low GI (glycaemic index) foods  •cat less loads  •cat less saturated and hydrogenated fat  •cat more fibre, starchy, low GI (glycaemic index) foods  •cat less saturated and hydrogenated fat  •cat more fibre, starchy, low GI (glycaemic index) foods  •cat less saturated fish intake.  Special diets			
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The dietary function and sources of:      * sugar     * starch     *fibre/NSP (non-starch polysaccharides).  Vitamins The dietary function ,sources and deficiency of the following vitamins:     * 61 sto sluble A, D     * water soluble B1,B2, folic acid, C.  Minerals The functions, sources and deficiency of:     * calcium     *iron     *sodium     *fluoride. Energy balance Use of energy in the body, mechanical, chemical, heat , electrical     *-energy requirements age, gender, occupation, physical activity and exercise, life stage: pregnancy Balanced diet DRVs (dietary reference values) Energy from –protein, fat, carbohydrate. Individual nutritional requirements  Dietary guidelines-     *eat less sugar     *eat less sugar     *eat less saturated and hydrogenated fat     *eat more fibre, starchy, low GI (glycaemic index) foods     *eat more fibre, starchy, low GI (glycaemic index) foods     *eat less salt.     *five-a-day     *nutritional requirement UK food choice model)     *recommended fish intake.  Special diets		$\vdash$	
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• calcium • iron • sodium • fluoride. Energy balance Use of energy in the body, mechanical, chemical, heat, electrical - energy requirements age, gender, occupation, physical activity and exercise, life stage: pregnancy Balanced diet DRVs (dietary reference values) Energy from – protein, fat, carbohydrate. Individual nutritional requirements  Dietary guidelines- • eat less sugar • eat less saturated and hydrogenated fat • eat more fibre, starchy, low GI (glycaemic index) foods • eat less salt. • five-a-day • nutritional labelling • 'eat-well-plate' (current UK food choice model) • recommended fish intake.  Special diets	Minerals		
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•sodium •fluoride.  Energy balance Use of energy in the body, mechanical, chemical, heat, electrical -energy requirements age, gender, occupation, physical activity and exercise, life stage: pregnancy Balanced diet DRVs (dietary reference values) Energy from –protein, fat, carbohydrate. Individual nutritional requirements Dietary guidelines- •eat less sugar •eat less saturated and hydrogenated fat •eat more fibre, starchy, low GI (glycaemic index) foods •eat less salt. •five-a-day •nutritional labelling • 'eat-well-plate' (current UK food choice model) • recommended fish intake.  Special diets	• calcium		
•fluoride.  Energy balance Use of energy in the body, mechanical, chemical, heat, electrical -energy requirements age, gender, occupation, physical activity and exercise, life stage: pregnancy Balanced diet DRVs (dietary reference values) Energy from –protein, fat, carbohydrate. Individual nutritional requirements  Dietary guidelines- •eat less sugar •eat less saturated and hydrogenated fat •eat more fibre, starchy, low GI (glycaemic index) foods •eat less salt. •five-a-day •nutritional labelling • 'eat-well-plate' (current UK food choice model) • recommended fish intake.  Special diets	•iron		
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Balanced diet  DRVs (dietary reference values) Energy from –protein, fat, carbohydrate. Individual nutritional requirements  Dietary guidelines-  •eat less sugar  •eat less saturated and hydrogenated fat  •eat more fibre, starchy, low GI (glycaemic index) foods  •eat less salt.  •five-a-day •nutritional labelling • 'eat-well-plate' (current UK food choice model) • recommended fish intake.  Special diets			
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<ul> <li>eat less salt.</li> <li>five-a-day</li> <li>nutritional labelling</li> <li>'eat-well-plate' (current UK food choice model)</li> <li>recommended fish intake.</li> </ul> Special diets	•eat less saturated and hydrogenated fat		
•five-a-day •nutritional labelling • 'eat-well-plate' (current UK food choice model) • recommended fish intake.  Special diets	•eat more fibre, starchy, low GI (glycaemic index) foods		
<ul> <li>nutritional labelling</li> <li>'eat-well-plate' (current UK food choice model)</li> <li>recommended fish intake.</li> </ul> Special diets	•eat less salt.		
'eat-well-plate' (current UK food choice model)     recommended fish intake.  Special diets	•five-a-day		
• recommended fish intake.  Special diets	•nutritional labelling		
Special diets	• 'eat-well-plate' (current UK food choice model)		
	recommended fish intake.		
	Special diets		
1	•vegetarian, vegan, lacto-ovo, lacto, ovo		
	• intolerances, lactose		

		1	
•medical, diabetes mellitus/diabetic, CHD (coronary heart disease), obesity			
-allergy: nut, celiac.	+		
Ethnic and religious groups: Hindu faith, Muslim faith, Jewish faith.			
Primary and secondary food			
Knowledge of the nutritional content, uses, types and functional			
properties of the following primary foods:			
•cereals, wheat, rice, maize/corn, oats			
•milk and dairy, milk, cream, cheese, yoghurt			
•meat and fish, alternative protein foods, Quorn™, TVP (soya), tofu, pulses and peanuts			
fruit and vegetables • eggs, pasteurized, liquid, frozen, dried, fresh			
•fats and oils, butter, margarine, low fat spread, plant oils			
olive, corn, sunflower			
• Sugar.			
Functional properties and working characteristics	+ +		
•thickening and gelatinization, setting, coagulation, gelation, aeration, foaming, fermentation,			
shortening, fortification, browning, binding, coating, glazing, emulsification, dextrinization			
caramelisation.			
Secondary foods	+ +		
Knowledge and understanding that by combining primary foods			
additional properties are produced:			
-increased nutrition,			
-improved organoleptic (sensory) qualities,			
- changing texture			
- changing flavour			
Preservation and processing	+		
The principles of food preservation.			
food spoilage     natural decay			
action of enzymes			
contamination by microorganisms			
food poisoning, bacteria, toxins, infections			
factors affecting growth			
temperature, time, food, pH, O2, moisture			
food hygiene, correct handling, correct cooking, correct storage of food stuffs, danger zone, kitchen			
hygiene, personal hygiene, cross-contamination			
The Food Safety Act 1990			
The Food Hygiene (England), Regulations 2006.			
Preservation methods			
Methods of food preservation:			
hot , cold , dry, chemical ,additives, packaging ,(MAP)/vacuum			
Irradiation.			
Food preservation techniques — home	1 1		
Knowledge and understanding of names, uses, advantages/			
disadvantages and safety issues of food preservation techniques used in			
the home:			
freezing, drying, use of oven or microwave to dry foods, chemicals	<u></u>		
Food preservation techniques — industry			
Knowledge and understanding of names, uses, advantages/			
disadvantages and safety issues of food preservation techniques used in			
industry:			
-hot, Pasteurization, sterilization, UHT (ultra-heat treatment)canning			
-cold, chilling, freezing, cook chill/freeze			
-dry, sun drying, spray drying, AFD (accelerated freeze drying)	$\perp \perp$		

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-chemical preservatives		
-specialist packaging, MAP (modified atmosphere packaging), vacuum packaging.		
Processing		
principles of food processing:		
Primary, pasteurisation of milk, milling wheat, washing fruit and		
vegetables		
Secondary, milk made into cheese, flour made into bread, meat into Burgers.		
Product manufacture		
Knowledge and understanding of names, uses, advantages/		
disadvantages and safety issues of food preparation techniques used in		
the home:		
•by hand, using basic equipment, small electrical equipment		
•electrical equipment		
Food processing techniques		
Food processing techniques — home		
Knowledge and understanding of names, uses, advantages/		
disadvantages and safety issues of food processing techniques used in		
the home:		
methods of cooking — moist, boiling, poaching, steaming, stewing, braising		
methods of cooking — dry, baking, roasting, grilling, barbecuing, frying, microwave		
other processing methods, shaping and forming, Piping.		
Additives		
Functional properties and use of:		
sensory characteristics, colours, flavours, artificial sweeteners, herbs and spices		
-physical characteristics, emulsifiers, stabilisers, gelling, setting, thickening agents		
raising agents		
- storage characteristics, preservatives, antioxidants		
-nutritional characteristics, food fortification and use of nutrients		
-aids to processing, anti-caking agents		
other additives		
acidity regulators and buffers.		
Standard components		
properties and use of the following:		
•pastries and doughs		
•powdered mixes		
sauces and gravies		
other standard components		
stock cubes		
baking powder		
pre-blended spices		
dried and tinned fruit.		
Technological development		
Modern/novel/smart materials:		
•man-made modified starches		
••functional nutraceuticals, pre/probiotics		
•novel function, sweeteners		
Meat analogues: QuornTM, tofu, soya		
•biotechnology		
chymosin		
•nano technology.		
GM		
ICT		
only need to have an awareness of the uses of ICT:		
CAD (computer-aided design)		
adding pictures to text, for example, packaging		
– clipart, scanned images, digital photographs		
using CAD packages, for example, product development		

– spider diagrams, product profiles, packaging nets, food labels, design idea, databases		
– recipes, nutritional databases, spreadsheets, scaling, costing, stock control		
CAM (computer-aided manufacture)		
monitors and controls the automatic production of food products		
based on set specifications and tolerances		
–sensors and quality control		
-single item production		
CIM (computer-integrated manufacturing)		
computers are linked in a network and control both the machinery		
•ICT and CAM in single item production		
microwave ovens, timers, bread makers, edible icing printer.		
Packaging and labelling		
•materials (use of packaging materials): glass, plastic, metal and foil, paper and cardboard		
• function of packaging		
advantages and disadvantages of packaging materials		
•specialist packaging and reasons for use		
**Specialist packaging and reasons for use		