Food Preparation and Nutrition Revision list - SENECA

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| Topics | Content | Completed |
| 1. Food prep skills | 1.1.1 General Practical Skill |  |
| 1.1.2 Knife skills |  |
| 1.1.3 Preparing fruit and vegetables using equipment |  |
| 1.1.4 Cooking methods: Prepare, shape, combine |  |
| 1.1.5 Sauce making; Tenderising, marinating |  |
| 1.1.6 Dough and pastry |  |
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| 2. Food, nutrition and health | **2.1 Macronutrients** | |
| 2.1.1 Protein 1 |  |
| 2.1.2 Protein 2 |  |
| 2.1.3 Fats |  |
| 2.1.4 Carbohydrates |  |
| **2.2 Micronutrients** | |
| 2.2.1 Fat soluble vitamins |  |
| 2.2.2 Water soluble vitamins |  |
| **2.3 Minerals and Water** | |
| 2.2.3 Minerals and water 1 |  |
| 2.2.4 Minerals and water 2 |  |
| **2.2.5 End of topic test –Macro and micronutrients** | |
| **Nutritional Needs and health** | |
| 2.3.1 Informed choices for a balanced diet 1 |  |
| 2.3.2 Informed choices for a balanced diet 2 |  |
| 2.3.3 Energy needs |  |
| 2.3.4 Nutritional needs |  |
| 2.3.5 Diet modification |  |
| 2.3.6 Diet related problems 1 |  |
| 2.3.7 Diet related problems 2 |  |
| **2.3.8 End of topic test – Nutritional needs and health** |  |
| 3. Food Science | **3.1 Cooking food and heat transfer** | |
| 3.1.1 Reasons for cooking and heat transfer |  |
| 3.1.2 Water based cooking methods |  |
| 3.1.3 Fat based cooking methods |  |
| 3.1.4 Dry cooking methods 1 |  |
| 3.1.5 Dry cooking methods 2 |  |
| **3.2 Functional and chemical properties of food** | |
| 3.2.1 Protein and carbohydrate |  |
| 3.2.2 Fats and Oils |  |
| 3.2.3 Raising agents |  |
| **3.2.4 End of topic test – Food science** |  |
| 4. Food Safety | **4.1 Food Spoilage** | |
| 4.1.1 Food spoilage and contamination |  |
| 4.1.2 Microorganisms and signs of food spoilage |  |
| 4.1.3 Enzymes and signs of food spoilage |  |
| 4.1.4. Bacterial contamination |  |
| 4.1.5 Microorganisms in food production |  |
| **4.2 Principles of food safety** | |
| 4.2.1 Temperature control |  |
| 4.2.2 Ambient food and labels |  |
| 4.2.3 Preparing cooking and serving food |  |
| **4.2.4 End of topic test – Food safety** |  |

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| 5. Food Choice | **5.1 Factors affecting food choice** | |
| 5.1.1 Factors which influence food choice |  |
| 5.1.2 Food choices |  |
| 5.1.3 Religious food |  |
| 5.1.4 Food Labels |  |
| 5.1.5 Mandatory food labels |  |
| 5.1.6 Optional food labels |  |
| 5.1.7 Marketing influences |  |
| **5.1.8 End of topic test – Food Choice** |  |
| **5.2 British and international cuisine** | |
| 5.2.1 British cuisine |  |
| 5.2.2 Japanese cuisine |  |
| 5.2.3 Japanese ingredients and dishes |  |
| 5.2.4 Spanish cuisine |  |
| 5.2.5 Spanish ingredients and dishes |  |
| **5.3 Sensory evaluation** | |
| 5.3.1 Taste receptors and olfactory systems |  |
| 5.3.2 Sensory testing methods 1 |  |
| 5.3.3 Sensory testing methods 2 |  |
| **5.3.4 End of topic test – Cuisines and senses** |  |
| 6. Food Provenance | **6.1 Environmental impact and sustainability of food** | |
|  | 6.1.1 Food sources – intensive and organic farming |  |
|  | 6.1.2 Food sources – GM crops |  |
|  | 6.1.3 Food sources – Reared food |  |
|  | 6.1.4 Food sources – Caught food |  |
|  | 6.1.5 Food and the environment 1 |  |
|  | 6.1.6 Food and the environment 2 |  |
|  | 6.1.7 Sustainability of food 1 |  |
|  | 6.1.8 Sustainability of food 2 |  |
|  | **6.1.9 End of topic test – Environmental impacts** |  |
|  | 6**.2 Food Processing and Production** | |
|  | 6.2.1 Primary food processing 1 |  |
|  | 6.2.1 Primary food processing 2 |  |
|  | 6.2.3 Secondary food processing |  |
|  | 6.2.4 Fortification |  |
|  | 6.2.5 Additives |  |
|  | **6.2.6 End of topic test-Food processing and production** |  |