

GCSE Food Preparation and Nutrition

You will need to ensure that you have revised the following topics:

- Food Packaging: how it protects the food and stops food spoilage.
- The factors that affect our choice of food.
- Cooking of food: including different methods, heat transfer and safety.
- Food provenance, food security, sustainability and food waste.
- Eggs
- Nutritional needs of different life stage.
- Food spoilage: how to prevent it.
- Sensory testing: how it used in the food industry and different sensory tests.
- The Eatwell Guide