

• Healthy Eating Messages: what are they and how do they promote healthy eating.

- **Diet**: the consequences of having too much fat and sugar in the diet.
- Nutrition: the functions and sources of the different nutrients.
- **Specific diets**: lactose intolerant, CHD, diabetes and celiac disease.
- Functions of ingredients in making shortcrust pastry.
- Short crust pastry: the method and top tips for achieving successful pastry.
- Food Safety: Cross Contamination and high risk foods.
- Food provenance: how food is grown and produced.
- Food cuisine: the eating patterns of different regions of the world.
- **Sustainability:** to include food miles and carbon footprint.



