

WHAT YOU NEED TO KNOW	WHERE YOU CAN FIND THIS INFORMATION	REVISED ONCE	R	A	G	TWICE	R	A	G	THREE	R	A	G	FOUR	R	A	G
Section A – multiple choice. Recall of facts based on whole specification	Class notes, revision book.																
Section B Food safety rules Cross contamination	CGP revision book p36, 38 AQA online text book p175,176,189,193-198																
Protein – LVB/HBV	CGP revision book p1 AQA online text book p2-3																
Cooking methods – vitamin loss	CGP revision book p25-25 AQA online text book p96,99																
Cheese making	AQA online text book p165-167																
Diet and health – adults. Reading ingredients and nutrition labels	CGP revision book p13,14,16 AQA online text book p50, 70-72, 76																
Carbohydrates	CGP revision book p5-6 AQA online text book p16																
Eatwell Guide/meal planning young children	CGP revision book p11-12, 19 AQA online text book p38-39, 45																
Faults in pastry – why and prevention Faults in sauce making – why and prevention	CGP revision book p29-30 AQA online text book p117-119, 130-131																
Heat transfer Cooking methods	CGP revision book p23-27 AQA online text book p85-93																

Buying locally sourced and seasonal ingredients	CGP revision book p61 AQA online text book p207-208, 267		Red Yellow Green		Red Yellow Green		Red Yellow Green		Red Yellow Green
Food marketing and influences	CGP revision book p48 AQA online text book p231-234		Red Yellow Green		Red Yellow Green		Red Yellow Green		Red Yellow Green
Buying Fairtrade ingredients/food	CGP revision book p45, 63 AQA online text book p272		Red Yellow Green		Red Yellow Green		Red Yellow Green		Red Yellow Green

You can access the online text book click [AQA GCSE Food Preparation and Nutrition \(illuminate.digital\)](https://illuminate.digital)

User name: sbroadwater3 Password: student3 Also use your flash cards/class notes which you have created through the course.

Link to KO's from Foodafactoflife: <https://www.foodafactoflife.org.uk/14-16-years/knowledge-organisers/>

CGP revision pages have been emailed to you.

Revision Activities

<p>Summarise the macronutrients using your notes and the knowledge organiser. Use this format:</p> <p>Heading Subheading Trigger words</p>	<p>Summarise the micronutrients using your notes and the knowledge organiser. Use this format:</p> <p>Heading Subheading Trigger words</p>
<p>Revise children's dietary needs using your notes and flash cards. Use this format:</p> <p>Heading Subheading Trigger words</p>	<p>Revise heat transfer/cooking methods using suggested page references in revision manifest table. Use this format:</p> <p>Heading Subheading Trigger words</p>
<p>Identify areas you need to improve on and use Seneca to aid your understanding further.</p>	