

Subject	Topics for revision	Seen	Unseen	Notes
FOOD	Exam Paper 2019		x	Topics sent out via email and SMHW
	Macronutrients - proteins, fats and carbohydrates. Their structure and function.			https://www.bbc.co.uk/bitesize/guides/znnqqhv/revision/1
	Proteins - HBV and LBV.			https://www.bbc.co.uk/bitesize/guides/znnqqhv/revision/1
	Energy balance - BMR and PAL.			https://www.bbc.co.uk/bitesize/guides/zqj66yc/revision/1
	Current dietary advice - Eatwell Guide.			https://www.bbc.co.uk/bitesize/guides/z8rqw6f/revision/1
	Sugar - diabetes, tooth decay and obesity.			https://www.bbc.co.uk/bitesize/guides/z8rqw6f/revision/1
	Vegetarianism.			https://www.bbc.co.uk/bitesize/guides/zgvnpbk/revision/1
	Meat - nutrients and cooking.			https://www.foodafactoflife.org.uk/14-16-years/food-commodities/meat/
	Cooking foods - methods and reasons for cooking food.			https://www.foodafactoflife.org.uk/14-16-years/cooking/
	Dairy foods - milk and its alternatives. How is yoghurt made?			https://www.foodafactoflife.org.uk/14-16-years/food-commodities/dairy/
	Cake making and the creaming method.			https://www.foodafactoflife.org.uk/14-16-years/food-science/functional-and-chemical-properties-of-food/
	Electrical equipment - its use and choice.			https://www.foodafactoflife.org.uk/11-14-years/cooking/videos/
	Fairtrade.			https://www.bbc.co.uk/bitesize/guides/zks8jty/revision/1
	Temperature control.			https://www.bbc.co.uk/bitesize/guides/zks8jty/revision/1
	Bacterial growth conditions.			https://www.bbc.co.uk/bitesize/guides/zndnsrd/revision/1
	Food spoilage			https://www.bbc.co.uk/bitesize/guides/zndnsrd/revision/1