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GCSE FPN REVISION CHECKLIST

GCSE FPN Revision topics – This WILL be on the exam			
<u>Topic 1: Making informed choices: - (3.2.3.1)</u>			
The current guidelines for a healthy diet	R	A	G
<ul style="list-style-type: none"> • Eatwell guide 			
<ul style="list-style-type: none"> • 8 Healthy eating guidelines 			
Portion size and costing when meal planning https://www.healthyfood.com/advice/how-to-get-your-portion-sizes-rights/ https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/portion-sizes-and-food-groups			
How people’s nutritional needs change and how to plan a balanced diet for different life stages	R	A	G
<ul style="list-style-type: none"> • Pre-school children (1-4 years) 			
<ul style="list-style-type: none"> • Children (5-12 years) 			
<ul style="list-style-type: none"> • Adolescents/ teenagers 			
<ul style="list-style-type: none"> • Adults 			
<ul style="list-style-type: none"> • Elderly 			
How to plan a balanced meal for specific dietary groups	R	A	G
<ul style="list-style-type: none"> • Vegetarian 			
<ul style="list-style-type: none"> • Vegan 			
<ul style="list-style-type: none"> • Coeliacs 			
<ul style="list-style-type: none"> • Lactose intolerant 			
<ul style="list-style-type: none"> • High fibre diets 			

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Topic 2: Diet, Nutrition and Health - (3.2.3.4)			
The relationship between diet, nutrition and health	R	A	G
➤ how diet can affect health and how nutritional needs change in relation to: (see below)			
Major diet related health risks	R	A	G
➤ obesity			
➤ cardiovascular health (coronary heart disease (CHD) and high blood pressure)			
➤ bone health (rickets and osteoporosis)			
➤ dental health			
➤ iron deficiency anaemia			
➤ Type 2 diabetes.			

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Topic 3: Carbohydrates - (3.3.2.2)			
Gelatinisation, Dextrinisation and caramelisation	R	A	G
➤ the scientific principles underlying these processes when preparing and cooking food			
➤ the working characteristics, functional and chemical properties of carbohydrates.			

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Topic 4 – Food safety - (3.4.2.1)			
Buying and storing food	R	A	G
➤ Food safety advice when buying food			
➤ What to look for when buying food			
➤ Types of food storage			
➤ Temperature control in food storage			
<p><u>Specifics :</u></p> <ul style="list-style-type: none"> ➤ <i>temperature control:</i> <ul style="list-style-type: none"> ○ <i>freezing: -18°C</i> ○ <i>chilling: 0 to below 5°C</i> ○ <i>danger zone: 5 to 63°C</i> ○ <i>cooking: 75°C</i> ○ <i>reheating: 75°C</i> ➤ <i>ambient storage</i> ➤ <i>temperature danger zone</i> ➤ <i>correct use of domestic fridges and freezers</i> ➤ <i>date marks</i> ➤ <i>'best before' and 'use by' dates</i> ➤ <i>covering foods</i> 			
Preparing, cooking and serving food (3.4.2.2)	R	A	G
➤ The food safety principles when preparing and cooking food			
➤ Preventing cross contamination			
➤ Preventing microbial growth and multiplication			
<ul style="list-style-type: none"> ➤ <i>personal hygiene</i> ➤ <i>clean work surfaces</i> ➤ <i>separate raw and cooked foods and use of separate utensils</i> ➤ <i>correct cooking times</i> ➤ <i>appropriate temperature control including: defrosting and reheating</i> 			

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<ul style="list-style-type: none"> ➤ <i>appropriate care with high risk foods</i> ➤ <i>correct use of food temperature probes</i> 			
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<u>Topic 5: Factors affecting food choice: - (3.5.1.1)</u>			
To know and understand factors which may influence food choice	R	A	G
The following factors in relation to food choice:			
➤ physical activity level (PAL			
➤ celebration/occasion			
➤ cost of food			
➤ preferences			
➤ enjoyment			
➤ food availability			
➤ healthy eating			
➤ income			
➤ lifestyles			
➤ seasonality			
➤ time of day			
➤ time available to prepare/cook.			

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Topic 6: Food and the environment - (3.6.1.2)

The environmental issues associated with food

R

A

G

➤ Food production of meat and dairy foods

➤ Food processing and manufacturing

➤ environment issues related to packaging

➤ seasonal foods

➤ sustainability e.g fish farming

➤ transportation – food miles

➤ organic foods

➤ the reasons for buying locally produced food

➤ food waste in the home/food production/retailers

➤ Carbon footprint of food

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Topic 7: Food Production - (3.6.2.1)			
Primary stages of processing and production	R	A	G
➤ Rearing			
➤ Fishing			
➤ Growing			
➤ harvesting and cleaning of the raw food material (milling of wheat to flour, heat treatment of milk, pasteurised, UHT, sterilised and microfiltered milk)			
Secondary stages of processing and production	R	A	G
➤ how the raw primary processed ingredients are processed to produce a food product			
➤ (flour into bread and/or pasta,			
➤ milk into cheese and			
➤ yoghurt, fruit into jams)			
How processing affects the sensory and nutritional properties of ingredients	R	A	G
➤ loss of vitamins through heating and drying			
➤ the effect of heating and drying on the sensory characteristics of milk			