Year 10 Summer FP&N: Revision Guidance

Circulation	Year 10 Students 10D/FN1
Title	Y10 Revision Guidance for Food Preparation and Nutrition
Purpose	To provide revision information for summer Examinations

- Written examination: 1 hour 30 minutes 85 marks
- *Below are links to the specification.*
    - Section A: questions based on stimulus material.
    - Section B: structured, short and extended response questions to assess content related to food preparation and nutrition.

- Revision Units and Key Topics

1. **Food commodities**
2. **Principles of nutrition**
3. **Diet and good health**
4. **The science of food**
5. **Where food comes from**
6. **Cooking and food preparation**

Food commodities

- **For each food commodity learners need to know and understand:**
    - the value of the commodity within in the diet
    - features and characteristics of each commodity with reference to their correct storage to avoid food contamination
    - the working characteristics of each commodity e.g. when subjected to dry/moist methods of cooking

•The origins of each commodity

- bread, cereals, flour, oats, rice, potatoes, pasta
- fruit and vegetables (fresh, frozen, dried, canned and juiced)
- milk, cheese and yoghurt
- meat, fish, poultry, eggs
- soya, tofu, beans, nuts, seeds
- butter, oils, margarine, sugar and syrup

Principles of Nutrition

Macronutrients and micronutrients in human nutrition

- Macronutrients are nutrients needed in large amounts for energy, growth, and body functions.
  They include:

  Proteins: made of amino acids (essential and non-essential); important for growth and repair.

  Fats and lipids: include saturated, monounsaturated, and polyunsaturated fats; provide energy and essential fatty acids.

  Carbohydrates: include mono-, di-, and polysaccharides; main source of energy.

- Micronutrients are nutrients required in small amounts but are essential for maintaining health and supporting physiological processes.
  They include:

  Vitamins:

Fat-soluble: A, D

  - Water-soluble: B vitamins (B1, B2, B3, B9, B12) and C
- Minerals: calcium, iron, potassium, magnesium
- Trace elements: iodine and fluoride

For each nutrient, it is important to understand:

- Its function in the body
- Main dietary sources
- Recommended intake levels
- Effects of deficiency and excess (malnutrition)
- How nutrients work together (complementary actions)

- Water and dietary fibre (NSP) are also essential:
  - Fibre aids digestion and gut health

  - You need to understand how much of each nutrient your body needs every day (recommended daily intake) and how much energy comes from protein, fats, and carbohydrates (like sugar, starch, and fibre).

You should know this for:

- People with health conditions, such as diabetes, coeliac disease, obesity, or iron deficiency
- People with different diets or lifestyles, like vegetarians, vegans, or those following religious diets

How nutrients work together in the body

How your body uses energy, including:

    - BMR (the energy your body needs at rest)
- Finally, you should be aware of common diet-related health problems like:
- Heart disease
- High cholesterol
- Liver disease

Plan balanced diets

- Know what makes a healthy diet (eating the right balance of foods)

  their lifestyle (active or not)

- Plan healthy meals for different people, such as:

  People with health conditions like:

  Type 2 Diabetes

  Cardiovascular disease

  Obesity

- Understand special diets, like:

  vegetarians and vegans

- Be aware of common health problems linked to diet, such as:

  Coronary heart disease

  high cholesterol

  liver disease

- Calculate energy and nutritional values of recipes, meals and diets
- Use nutrition information to decide how to improve food and diets, such as:

  adding more fibre to a recipe

  reducing saturated fat in a menu

- Understand energy balance (calories in vs calories out) and how it helps people:

maintain a healthy weight throughout life

The effect of cooking on food

Why we cook food:

- Makes it easier to digest

improves taste, texture, and appearance

- How heat cooks food:
- Conduction, convection, and radiation
- How cooking methods affect nutrition:
- Some methods keep nutrients (e.g. steaming vegetables)
- Others change food structure to improve taste
- improve palatability e.g. physical denaturation of protein
- Proteins (set, foam, and change structure)
- Fruit/veg (can brown or lose colour)

Food spoilage

How to store food properly:

- Fridge and freezer
- Covering and packaging food
- Why labels and date marks matter:
- When food is safe to eat
- Follow storage and cooking instructions
- What causes food to spoil:
- Bacteria, mould, yeast, and enzymes
- How to prevent food poisoning:
- Avoid cross-contamination (mixing raw and cooked foods)
- Keep good hygiene
- Common food poisoning bacteria:
- Salmonella, E. coli, Campylobacter, Staphylococcus
- Ways to preserve food so it lasts longer:
- Freezing, pickling, jam making, bottling, vacuum packing
- The impact of bad food handling:
- Food waste, cost, and environmental damage

Where food comes from

Food provenance

- Where food comes from:
- grown, reared (animals), or caught (fish)
- Food miles and the environment:
- how far food travels
- how this affects carbon footprint
- why buying local food can be better
- benefits (keeps food fresh, reduces waste)
- downsides (plastic waste, pollution)

Sustainability:

- reducing food waste
- impact on the environment and economy

How processing changes food:

- taste, texture, appearance, and nutrition

(e.g. cured meats are different from fresh meat)

- health or medical needs
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How people make healthier choices:

- eating a balanced and varied diet
- Revision Resources

Past Papers available on Eduquas website

GCSE POD

CPG Revision Guides

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BBC BITESIZE

- GCSE

GCSEPod

You must answer all questions in the paper.

You will need a black pen for the exam.

Further detail and revision materials can be found here:

GCSE POD

CPG Revision Guides