

## GCSE Food Preparation and Nutrition: PLC for written exam

Below is a PLC for your GCSE Subject. Each topic appears in the specification and you must revise its contents. Use the RAG system to highlight your areas of strength and development and make a note of where you can get information from to support you with your revision preparation.

| Area                                                             | R | A | G | Resources (AQA digital bundle) |
|------------------------------------------------------------------|---|---|---|--------------------------------|
| <b>Nutrients</b>                                                 |   |   |   |                                |
| Protein                                                          |   |   |   | Pages 2-9                      |
| Fats                                                             |   |   |   | Pages 10-15                    |
| Carbohydrates                                                    |   |   |   | Pages 16-21                    |
| Vitamins                                                         |   |   |   | Pages 22-29                    |
| Minerals                                                         |   |   |   | Pages 30-35                    |
| Water                                                            |   |   |   | Pages 36-37                    |
| <b>Nutritional needs and health</b>                              |   |   |   |                                |
| Making informed food choices for a varied diet and balanced diet |   |   |   | Pages 38-57                    |
| Energy needs                                                     |   |   |   | Pages 58-62                    |
| How to carry out a nutritional analysis                          |   |   |   | Pages 63-69                    |
| Diet, nutrition and health                                       |   |   |   | Pages 70-77                    |
| <b>Cooking of food and heat transfer</b>                         |   |   |   |                                |
| Why food is cooked and how heat is transferred to food           |   |   |   | Pages 78-89                    |
| Selecting appropriate cooking methods                            |   |   |   | Pages 90-104                   |
| <b>Functional and chemical properties of food</b>                |   |   |   |                                |
| Proteins                                                         |   |   |   | Pages 105-115                  |
| Carbohydrates                                                    |   |   |   | Pages 116-125                  |
| Fats and oils                                                    |   |   |   | Pages 126-139                  |
| Raising agents                                                   |   |   |   | Pages 140-157                  |
| <b>Food storage and contamination</b>                            |   |   |   |                                |
| Microorganisms and enzymes                                       |   |   |   | Pages 158-160                  |
| The signs of food spoilage                                       |   |   |   | Pages 161-164                  |
| Micro-organisms in food production                               |   |   |   | Pages 165-170                  |
| Bacterial contamination                                          |   |   |   | Pages 171-184                  |
| <b>Principles of food safety</b>                                 |   |   |   |                                |
| Buying and storing food                                          |   |   |   | Pages 185-191                  |
| Preparing, cooking and serving food                              |   |   |   | Pages 192-201                  |

| <b>Factors affecting food choice</b>                                     |  |  |               |
|--------------------------------------------------------------------------|--|--|---------------|
| Factors affecting food choice                                            |  |  | Pages 202-210 |
| Food choices                                                             |  |  | Pages 211-219 |
| Food labelling and marketing influences                                  |  |  | Pages 220-236 |
| British and international cuisines                                       |  |  | Pages 237-246 |
| Sensory evaluation                                                       |  |  | Pages 247-254 |
| <b>Environmental impact and sustainability</b>                           |  |  |               |
| Food sources                                                             |  |  | Pages 255-262 |
| Food and the environment                                                 |  |  | Pages 263-268 |
| Sustainability of food                                                   |  |  | Pages 269-273 |
| <b>Processing and production</b>                                         |  |  |               |
| Food Production                                                          |  |  | Pages 274-283 |
| Technical developments associated with better health and food production |  |  | Pages 284-289 |