

## Mock Examination Revision List

### Year 10 GCSE Food Preparation and Nutrition

**Name:** \_\_\_\_\_ **Exam:** Tues 2<sup>nd</sup> July 10am.1hr 45mins

- 1.Bread Making -
- 2.Meat- Cooking of Meat
- 3.Vegetarian Diets - Vegans
4. Macro/Micro nutrients
- 5.Effects of too much sugar in the diet
- 6.Fibre- Soluble/Insoluble
- 7.Special diets-Lactose intolerant
- 8.Food Spoilage-Fruit
- 9.Individuals requirements for energy
- 10.High Risk Foods- Handling and storing
- 11.Positive uses of Moulds and Bacteria in food production
- 12.Food Labelling Laws
- 13.Consumers environmental awareness when shopping

**Good Luck!**