



1. Spend between 15-20 mins per day 2. Ensure the conditions are right to be revising in 3. Go back over the topics when you reach the end.

1. Energy needs:
Factors that effect
BMR, Energy
sources
Mind map it




2. Nutritional
Analysis.
How to read food
labels, use food a
fact of life website
resources
**Watch it BBC AQA
clips**

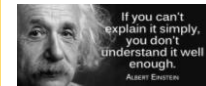
3. Signs of food
spoilage
What do we need
to look out for?
List it
LIST ✓ IT


4. Functional and
chemical properties
of RAISING AGENTS:
Chemical,
Mechanical and
steam
SENECA it

5. Microorganisms
in the production of
food.
What are they?
What conditions do
they need?
Name them

6. What is
caramelisation?
Give an
example.
Flash card it
**REVISION
CARDS**

7. What is
Protein? Why do
we need it?
Where do we
get it from?
Draw it 

8. Buying and
storing food
Explain it



9.
Carbohydrates.
What, where,
why
**Draw it and
label it** 

10. Food
labelling :
What is added
by choice?
Flash card it
**REVISION
CARDS**

11. Functional and
chemical
properties of FAT:
Shortening,
Aeration,
Plasticity,
emulsification
SENECA it

12. Food safety
How do we ensure
food is safe to eat?
List it
LIST ✓ IT

13. Key food
temperatures:
Danger zone,
dormant, killed.
Draw and label it

14. Food choices:
religion, ethical,
moral beliefs.
Mind map it


15. What is
dextrinisation?
Give an
example.
Flash card it
**REVISION
CARDS**

16. Draw and label
and fridge with key
temperatures,
correct food
storage with
justifications/why
there?
Draw it

17. Factors that
influence food
choice:
Celebration and
Cost
Mind map it

18. What does
it mean to
genetically
modify food?
Flash card it
**REVISION
CARDS**

19. What are the
key differences
between: free
range, organic and
intensive farming
methods?
List it

20. What is
enzymic
browning?
How can it
be
prevented?
Draw it

21. Functional and
chemical properties
of PROTEIN:
Denaturation,
coagulation, gluten
and foam formation
SENECA it

22. Water
soluble
Vitamins
Flash card it
**REVISION
CARDS**

23. Foods from
British traditions
Mind map it


24. What is
gelatinisation?
Give an
example.
Flash card it
**REVISION
CARDS**

25. Factors that
influence food
choice:
Availability
seasonality & fair
trade
Mind map it


27. Which
foods are
genetically
modified?
Why?
Draw it

28. What are the
benefits of buying
locally produced
foods?
List it
LIST ✓ IT

29. What is food
waste? How can
it be reduced?
Give practical
examples.
Flash card it

30. What is
primary
processing of
food? Give an
example and
explain.
Draw and label it

31. Functional and
Chemical
properties of
FRUIT & VEG:
Enzyme browning
and Oxidation
SENECA it

32. Food Choices:
Medical conditions,
symptoms, causes,
prevention
Mind map it


33. Fat soluble
vitamins:
What are they,
where are they
found? Why do we
need them?
Flash card it

34. Factors that
influence food
choice:
Lifestyle and
income
List it

35. What does
fortification of food
mean?
Flash card it
**REVISION
CARDS**


36. Draw
diagrams and
label them to
show how a
sauce thickens.
Draw it

37. What are
food miles?
How do they
have an impact
on the
environment ?
Mind map it


38. Make flash
cards of the food
science key terms
and definitions
Flash card it
**REVISION
CARDS**

39. Give examples
of fortified foods
and the benefits.
List it
LIST ✓ IT

40. What is
coagulation?
Give an
example.
**Draw it and
label it**


41. Foods from
2 different
cuisines (not
GB)
Mind map it


42. What are the 3
heat transfer
methods.
Give an example of
a food you would
cook with each
method.
Draw it

43. Bacterial
contamination.
Explain how it
happens.
**Watch it BBC AQA
class lip** 

44. Why are blue
plasters worn in
food production?
Draw it


45. Why should raw
chicken never be
washed? What
bacteria does it
carry?
**List it and watch
Food standards
agency clips**

46. Name the
different bacteria,
state where they
are found.
**Watch it BBC AQA
class clip** 

47. What is
secondary
processing of
food? Give an
example
and explain.
Draw and label it

48. What is
emulsification
? Give an
example?
Flash card it
**REVISION
CARDS**

49. Food
intolerances.
What does it
mean? How does
it effect the
person?
**Draw and label
it**

50. What is
oxidation?
Give an
example.
Flash card it
**REVISION
CARDS**