

Year 11 AQA Food Preparation and Nutrition – Personal Learning Checklist. Use this to guide your revision and RAG your understanding.

Topic	Red	Amber	Green	AQA Textbook Page Number	Revision Guide Page Number
<p>Proteins</p> <ul style="list-style-type: none"> • The functions • Main sources • Effects of deficiency • Effects of excess • Dietary reference values 				2	1
<p>Fats</p> <ul style="list-style-type: none"> • The functions • Main sources • Effects of deficiency • Effects of excess • Dietary reference values 				10	3
<p>Carbohydrates</p> <ul style="list-style-type: none"> • The functions • Main sources • Effects of deficiency • Effects of excess • Dietary reference values 				16	5
<p>Vitamins A, D, E, K, B, C</p> <ul style="list-style-type: none"> • The functions • Main sources • Effects of deficiency • Effects of excess • Dietary reference values • Effects of cooking 				22	7
<p>Minerals</p> <ul style="list-style-type: none"> • The functions • Main sources 				30	8

<ul style="list-style-type: none"> • Effects of deficiency • Effects of excess • Dietary reference values 					
<p style="text-align: center;">Water</p> <ul style="list-style-type: none"> • Function of water to eliminate waste from body • Function of water to cool the body • Function of water to aid digestion • How water is lost from the body • Occasions when extra fluids are needed 				36	10
<p style="text-align: center;">Healthy Eating Guidelines</p> <ul style="list-style-type: none"> • Guidelines for healthy eating - Eatwell Guide • Nutritional needs at different life stages • How to plan a balanced meal for specific dietary needs 				38	11
<p style="text-align: center;">Nutritional needs of different age groups</p>				38	12
<p style="text-align: center;">Diet Related Health Problems</p> <ul style="list-style-type: none"> • Obesity • Cardiovascular disease • High blood pressure • Bone health • Dental health • Iron deficiency anaemia • Type 2 diabetes 				70	14
<p style="text-align: center;">Energy Needs</p>				58	16

Nutritional Analysis <ul style="list-style-type: none"> • How to use current nutritional information and data to calculate energy and nutritional values • Food tables 				63	17
Planning meals for different groups				70	19
Heat Transfer <ul style="list-style-type: none"> • Conduction • Convection • Radiation 				78	23
Cooking methods				90	24
Functional and chemical properties of protein <ul style="list-style-type: none"> • denaturation • Protein coagulation • Gluten formation • Foam formation 				105	28
Functional and chemical properties of fats <ul style="list-style-type: none"> • Gelatinisation • Dextrinisation • Caramelisation 				116	29
Functional and chemical properties of Carbohydrates <ul style="list-style-type: none"> • Shortening • Aeration • Plasticity • Emulsification 				126	30

Raising Agents <ul style="list-style-type: none"> • Chemical • Mechanical • Steam 				140	32
Food Spoilage <ul style="list-style-type: none"> • Enzytic action • Mould growth • Yeast action on fruits 				158	34
Storing food safely				176	36
Preparing Food Safely				158	38
Food Poisoning <ul style="list-style-type: none"> • From other contaminated foods • Work surfaces and equipment • The people cooking • Pests • Waste food and rubbish • Campylobacter • E-coli • Salmonella • Listeria • Staphylococcus aureus 				171	39
Uses of microorganisms <ul style="list-style-type: none"> • Growth conditions for microorganisms • Control of microorganisms growth • High risk foods • Control of enzymic action 				165	40

Influences of food choice				202	42
Cultural, moral and religious food choice				211	44
Food Labelling				220	46
Influences of marketing				231	48
British and international cuisines				238	49
Sensory tasting				247	52
Grown Food				256	55
Reared Food				255	57
Caught Food				255	58
Waste Food and Packaging				268	59
Food Miles and Carbon Footprint				266	61
Global Food Production				274	62
Primary Food Processing				276	64
Secondary Food Processing				276	65
Food Fortification and Modification				284	66

Diet, health and nutrition

Food Science

Food Safety

Food Choice

Food Provenance