

THE BEST WAY TO ACHIEVE
BIG GOALS
IS TO TAKE SMALL STEPS

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A question a day
keeps revision stress
away!



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GCSE Food Preparation and Nutrition

December 2018

A question a day keeps revision stress away!

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1 Name the building blocks of protein molecules	2 Why is protein essential in the diet?
3 Discuss two groups of people that may need more protein	4 Explain how a vegan can get enough protein	5 What is a high biological value (HBV) protein?	6 Give two good sources of a HBV protein	7 What is a low biological value (LBV) protein?	8 Give two good sources of a LBV protein	9 Give three reasons why fats are important
10 Adults should consume 70g fat per day. How much of this should be saturated fat?	11 Outline two health risks associated with eating too much fat	12 Describe the structural difference between mono & polyunsaturates	13 Name two sources of saturated fats & two sources of unsaturated fats	14 Discuss the lifestyle changes needed for someone with heart disease	15 Name the three different types of carbohydrate	16 Some foods are made up of 'empty calories'. What does this mean?
17 Outline the health issues caused by having too much sugar	18 Outline the health issues caused by too little fibre	19 Why should a marathon runner eat wholegrain pasta?	20 Name the fat soluble vitamins	21 How can eating carrots help you to see in the dark?	22 Why are we able to spread out our intake of fat soluble vitamins?	23 What are 'free radicals' & what's the link with antioxidants?
24 MERRY XMAS	25 MERRY XMAS	26 MERRY XMAS	27 How can you prevent the destruction of water soluble vitamins?	28 What is the recommended guideline for salt intake?	29 Why is iron needed as part of a healthy diet?	30/31 HAPPY NEW YEAR

GCSE Food Preparation and Nutrition

January 2019

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 What is meant by 'intensive farming'?	2 Name an intensively farmed crop	3 Why are people buying more organic food?	4 What concerns do people have with GM crops?	5 Explain the benefits of 'free range' eggs	6 Name 3 quality assurance schemes
7 Describe sustainable fishing methods	8 What's meant by 'food miles'?	9 Why do supermarkets import food?	10 How can you reduce your food carbon footprint?	11 Why buy locally produced food?	12 Name foods which can be 'Fairtrade'	13 What are the benefits of 'Fairtrade'?
14 How can food packaging damage the environment?	15 Suggest two reasons why households might throw away food	16 How do supermarkets contribute to food waste?	17 Suggest how climate change can impact on food production	18 What is meant by 'food security'?	19 Explain how population growth is linked to food security	20 Describe the primary processing of milk
21 What two products can be made from the secondary processing of milk?	22 How is wheat processed to make flour?	23 What is the Chorleywood bread making process?	24 Describe the function of a preservative	25 What is an emulsifier?	26 Name two other additives found in food	27 Name two nutrients added to food to fortify it
28 Why are some consumers concerned about 'E numbers'?	29 Suggest why some people may need to take multivitamin supplements	30 Explain how adding plant sterols to margarine can help some people	31 What is the gelling agent used in jam making?			

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February 2019

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 Outline how the seasons impact on the availability of food	2 How can working long hours influence food choices?	3 Why does a lack of cooking skills limit variety in the diet?
4 Describe two religious festivals where food plays an important role	5 Describe the dietary customs of Muslims	6 What is kosher food?	7 Why are Buddhists vegetarians?	8 What's the difference between a food allergy and an intolerance?	9 Which foods should people avoid if they are gluten intolerant?	10 Suggest substitutions for someone who is lactose intolerant
11 What symptoms do people experience when they are allergic to peanuts?	12 State 4 legal requirements for food packaging	13 What often appears on food packaging but is NOT compulsory?	14 What does 'country of origin' mean on food packaging?	15 Explain what the 'traffic light' system is used for on packaging	16 Identify 3 ways that marketing can influence food choices	17 Why is some food TV advertising banned during children's programmes
18 List 5 traditional British foods	19 Suggest a cooking method commonly used in Britain	20 Describe the eating patterns of an international cuisine	21 In what cuisine is a tandoori oven used?	22 Name a cooking method used in Chinese cuisine	23 What is meant by the term 'sensory testing'?	24 How can you ensure that sensory tests are fair?
25 Identify 6 sensory words to describe a curry	26 How does living in a multicultural city affect food choice?	27 Explain how you could eat well on a low budget	28 State two ways that concerns for animal welfare might influence food choice			