

<p>APRIL – Spend 10 minutes a day revising the topic / answering the question in the calendar. Easter holidays challenge yourself to complete 2 questions each day there are extra questions at the end of this calendar.</p>		<p>07 Explain the term food poverty.</p>	<p>08 List the water-soluble vitamins and explain their functions.</p>	<p>09 List the fat soluble vitamins and explain their functions.</p>	<p>10 Explain 4 reasons why obesity in the UK is on rise?</p>
<p>11 Research food related diseases and their impacts upon health.</p>	<p>12 State 4 reasons why we cook food.</p>	<p>13 What are Amino Acids? Why do we need them? Where can we find them? https://www.youtube.com/watch?v=652GrZpLkPs</p>	<p>14 Why are some amino acids essential? What does this mean?</p>	<p>15 What does the term 'Food Provenance' mean?</p>	<p>16 What are food additives & why are they used. Give a positive & negative for using them.</p>
<p>17 Explain what is the temperature 'danger zone'? Why should food be stored out of this temperature?</p>	<p>18 Why is vitamin D needed by the body and give 2 food sources & 1 non-food source?</p>	<p>19 What is cross contamination & how can it be avoided? https://www.youtube.com/watch?v=gzsV-neH3SI</p>	<p>20 Give 3 examples of health conditions caused by eating too much sugar.</p>	<p>21 State the 5 food senses and explain how they can influence our opinions of food. https://www.youtube.com/watch?v=zNchJla7G0E</p>	<p>22 State 2 advantages and 2 disadvantages of buying locally produced foods.</p>
<p>23 Sugar caramelises when heated – explain how this happens. https://www.youtube.com/watch?v=iOb98GBKcaM</p>	<p>24 Explain how sensory testing can be carried out so that it is fair? – give examples to support your answer.</p>	<p>25 What is food fortification? Explain why we do this and state 2 foods we fortify.</p>	<p>26 What is meant the term High Biological Value & which food does this link to?</p>	<p>27 Explain 4 ways manufacturers affect our food choices.</p>	<p>28 Explain 4 ways we can reduce our food miles / Carbon footprint</p>
<p>29 List the information required by law on a food package label.</p>	<p>30 What is the 'e' on food labels?</p>				

MAY –		1	2	3	4
Spend 10 minutes a day revising the topic / answering the question in the calendar. May holidays challenge yourself to complete 2 questions each day – there are extra questions at the end of this calendar.		Give an example of – chemical / biological / mechanical raising agents and explain how each one works. Explain protein denaturation.	What is BMR? What factors can affect a person’s BMR? Eggs can be used to thicken, bind, emulsify or aerate food products. Explain each of these functions.	What is the function of Vitamin C? where can it be found? What is the function of Vitamin A? where can it be found?	What are the differences between intensive and organic farming? Explain the term GM, give pros and cons for each farming method above.
5 Calcium is a mineral – why do we need it / where can we find it? Give 2 diseases associated with deficiencies. What is the function of phosphorus? Which foods are a good source?	6 Explain the differences between saturated and unsaturated fats. Give examples of foods for each type of fat. What diseases are associated with eating too much saturated fats?	7 Explain how cooking & processing foods affect vitamin content of foods – give suggestions to minimise these losses. How can we correctly store food in the fridge to prevent cross contamination?	8 Explain using images where necessary the gelatinisation process. Give suggestions of ways to thicken and thin starch-based sauces. https://www.youtube.com/watch?v=zzyhMziDaVI	9 What ways are microorganisms used positively within food production? What conditions are needed for bacterial growth?	10 Explain the term ‘protein complementation’, why is this needed when following a vegetarian / vegan diet? Give examples. What are the main functions of protein within the diet – discuss deficiency diseases.
12 Explain the differences between simple & complex carbohydrates. Give food examples of each. Explain the functions of carbohydrates, excess & deficiency.	13 Explain the terms – kosher / Halal / Haram. What are the main foods permitted and forbidden when - Jewish, Muslim, Hindu?	14 Explain the differences between – vegetarian, vegan, pescatarian diets. Give reasons for choosing to follow one of the diets above. Explain the difference between an allergy & intolerance.	15 Explain the functions of fats within the diet, excess and deficiencies.	16 Explain the term ‘high-risk foods’, explain why foods are high risk and give examples. https://www.youtube.com/watch?v=flxmB8NKMzE	17 What information is required on a food label by law? Name 3 ways a manufacturer can market and advertise their food?
18 Explain why Iron & Vitamin c is important for teenage girls.	19 Why are stir-fried dishes often seen as being healthier than other frying methods?	20 The Eatwell guide gives recommendations for a healthy diet – what are they?	21 Fats and oils can be used to aerate, shorten and plasticise food. What does each of these terms mean? How is it achieved?	22 What is modified atmospheric packaging?	23 What is dextrinisation and when does it occur? What is a foam and how is it formed?

Explain the function of iodine, give food examples and effects if deficient.		https://www.youtube.com/watch?v=UIQ1Hyg9HG0&list=PLcvEcrcF_9zInjxnoPbjRXHScwzEKTuGr What is Fibre? Where is it sourced from? Why is it needed?		What are antioxidants and why do we need them in our bodies?	
24 What are the three classifications for fish? Name 1 fish for each category.	25 What is 'enzymic browning' and how can it be prevented?	26 Explain the term lactose intolerance and give suggestions for alternative foods / ingredients they could eat?	27 What are the differences between probiotic and prebiotics?	28 Explain the term – food miles. State ways of lowering food miles.	29 What information can we get from food labels? Why are food labels important? https://www.youtube.com/watch?v=OZOIEYQ0axo&list=PLcvEcrcF_9zInjxnoPbjRXHScwzEKTuGr&index=6
30 What are the differences between a use by date and a best before date?	31 Watch this YouTube clip and make notes. https://www.youtube.com/watch?v=OoaQVdSXR48&t=82s				

June –		1 State a range of factors that affect people's food choice.	2 In what ways can you modify meals to make them healthier?	3 What are the functions of water on the body. In what ways can water be lost from the body?	4 Name 4 diet related health problems and give suggestions for ways in which the diet can be used to help prevent these diseases.
Spend 10 minutes a day revising the topic / answering the question in the calendar.		5 Explain the function of gluten when making bread and explain why short crust pastry is 'short'.	6 Explain 3 moral and ethical considerations when planning and cooking food.	7 Explain the positives and negatives of buying seasonal foods.	8 Explain the term free range, trawling, line caught and pot fishing.
9 How much of your daily energy intake should come from – fat, protein and carbohydrates?	10 Sodium is a mineral (salt). Explain the functions, excess & deficiencies.	11	12	13	14
15	16				

State the 3 methods of heat transfer and explain each method.	Different age groups have different nutritional needs – state 2 age groups and give their nutritional needs.	Fluoride is a mineral, state its functions, deficiencies and give examples of where dietary sources can be found.	Explain the positives & negatives of food packaging giving examples of packaging to back-up your work.	Explain what is type 2 diabetes, how can it be prevented?	Explain the term 'emulsion' explain how emulsions form and use diagrams where needed.
17 Exam Day Explain the term 'alternative proteins', discuss why some people may use to eat them – give examples.	Extra Questions Explain the function of the mineral iron, give excess and deficiencies.	What is PAL? Explain how a person PAL affects a person's weight?	Explain the term – sustainable fishing, fair trade and lion mark eggs.	Give 2 foods associated with each country in the UK.	Explain the function of vitamin E, excess & deficiency.
	Give 3 examples of secondary processed foods.	Give 5 reasons why we cook food. Give 2 food examples for each.	Explain the term 'food security'. Give reasons why food insecurity is increasing?	What does BMI stand for? How is BMI calculated?	What are the main reasons for food waste. Explain how food waste could be reduced.
What is meant by the term 'food miles', give reasons why we need to transport food around the world. Explain the negative impacts of food miles.	Explain the process of stir frying, use the word – conduction with your answer. Explain the process of radiation when BBQing food.	Which groups of people are the most at risk of food poisoning? Explain the pasteurisation process.			

More Extra Questions	Explain coeliac disease. Give examples of alternative foods a person with coeliac disease can eat. Explain how food composting can help the environment?	Explain the functions of Vitamin K, sources, deficiencies and excess. Explain the relationship between Calcium & Vitamin D.	In what ways could a poor diet affect the skeleton and bone structure?	What does it mean if a person experiences 'food poverty'? What can be the cause of food poverty?
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Explain the functions of water on the body – how much should we drink per day?	Cheese making – can you describe the process? Watch this video & make notes. https://www.youtube.com/watch?v=wxm8jTzU_8o	Yoghurt making – can you describe the process? Watch this video & make notes https://www.youtube.com/watch?v=dPJhixlizY	Turning wheat into flour – can you describe the process? Watch this video, draw and label a wheat grain. https://www.youtube.com/watch?v=y8vLjPctrU	Jam making – can you describe the process? Watch this video & make notes https://www.youtube.com/watch?v=4ggl2HygmfU	1 Write a step by step how to correctly use a temperature probe.
Explain 4 reasons why obesity is on the increase.	Give 4 reasons why we are buying more take away and convenience foods.	Explain the function of pastry ingredients – plain flour, butter, water.	What are enzymes? 3 foods they are beneficial within, how can you slow down enzymic action.	Give the functions of vitamins B & C.	Give the functions of vitamins A,D,E,K – fat soluble.
Explain the traffic light system on the front of food packaging.	Name 3 food poisoning bacteria's and give examples of food associated with each.				