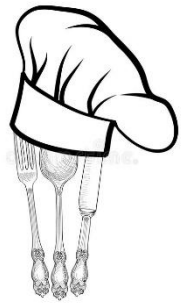


What to revise



All content is covered in all components. There are four sections.

Section A: Nutrition

- The relationship between diet and health
- Nutritional and dietary needs of different groups of people
- Nutritional needs when selecting recipes for different groups of people
- Energy balance
- Protein
- Fat
- Carbohydrate
- Vitamins
- Minerals
- Water
- Nutritional content of the main commodity groups



Section B: Food (food provenance and food choice)

- Food provenance: source and supply
- Food processing and production
- Food security
- Technological developments to support better health and food production
- Development of culinary traditions (students study British cuisine and a minimum of two international cuisines)
- Factors influencing food choice

Section C: Cooking and food preparation

- Food science
- Sensory properties
- Food safety

Section D: Skills requirements (preparation and cooking techniques)

- Knife skills
- Preparation and techniques
- Cooking methods
- Sauces
- Set a mixture
- Raising agents
- Dough

- Judge and manipulate sensory properties

