

Year 11 Mock Exams Autumn Term 2024: *Food Preparation and Nutrition*

Revision Topic List	
Content	Specifics
<ul style="list-style-type: none"><li>• Making a Swiss Roll</li><li>• Healthy Eating Guidelines</li><li>• Food Contamination</li><li>• How to save money</li><li>• Milk</li> <li>• Shallow Frying</li><li>• Fortification</li><li>• Flavour Intensifiers</li><li>• Colourings</li> <li>• Health Issues of a diet high in saturated fat</li></ul>	<p><b>Making and Functions of Ingredients, Scientific changes</b></p> <p><b>Water in the Diet</b> <b>Vitamin D</b></p> <p><b>Food Spoilage and Preservation</b></p> <p><b>Buying and cooking foods</b></p> <p><b>Pasteurisation</b> <b>Lactose Intolerance</b></p>

Tips on different revision techniques, including subject specific activities can be found in the [Student Study Support Guide](#).