



For your Food Preparation & Nutrition Exam (1 hr 45mins) the paper covers all topics from the **AQA** specification. This is an extremely large amount of subject content to cover, therefore below is a list of the recommended videos for you to watch in order to achieve a successful outcome in your examination.

- **Micronutrients (22 minutes approx.)**
 - Fat Soluble Vitamins (Pay attention to A,D & K)
 - Water Soluble Vitamins
 - Minerals: Calcium, Iron, Sodium (pay attention to calcium)
 - Minerals: Fluoride, Iodine, Phosphorus (focus on Fluoride & Iodine)
 - Water
- **Macronutrients (14 minutes approx.)**
 - Protein
 - Fats
 - Carbohydrates
- **Nutritional Needs & Health (30 minutes approx.)**
 - Making Informed Choices for a Varied and Balanced Diet: Part1-3
 - Energy Needs
 - Carrying out Nutritional Analysis & Modifying Recipes
 - Diet Nutrition & Health: Bone & Dental Health, Anaemia, Diabetes (focus on Diabetes)
- **Food Science (38 minutes approx.)**
 - Cooking of Food & Heat Transfer – All 5 Pods
 - Functional & Chemical Properties of Food
 - Properties of Protein
 - Properties of Carbohydrates
 - Properties of Fats & Oils
 - Properties of Raising Agents
- **Food Choice (51 minutes approx.)**
 - Factors Affecting Food Choice
 - Factors which Influence Food Choice: Part 1-3
 - Food Choices: Religion & Culture
 - Food Choices: Ethical Beliefs, Moral Beliefs
 - Food Choices: Intolerances & Allergies
 - Food Labelling Part 1&2
 - Sensory Evaluation
 - Sensory Evaluation Part1-3
- **Food Safety (20 minutes approx.)**
 - Food Spoilage & Contamination
 - Microorganisms & Enzymes
 - The Signs of Food Spoilage
 - Microorganisms in Food Production
 - Bacterial Contamination: Part 1&2
- **Food Provenance (5 minutes approx.)**
 - Environmental Impact and Sustainability of Food
 - Food and the Environment

Each section has been given approximate timings to allow you to organise your revision into manageable chunks, this will help balance the revision for all other subject areas. Good Luck and remember **“Only your BEST is GOOD enough!”**

