

# February

Spend 10 minutes a day revising the topic / answering the question in the calendar.

**1**  
Why is Vitamin D needed by the body? Where can it be found?

**2**  
There are different types of vegetarians. Explain the difference between a vegan, lacto-ovo, ovo and pescatarian.

**3**  
What are the nutritional requirements for a pregnant women? Explain nutrients required, food to eat and food to avoid.

**4**  
Explain the meaning Behind food labels Traffic light labelling. Identify the meaning and Government suggestions.

**5**  
Define the term 'caramelisation'. Explain the process of how it occurs in dishes.

**6**  
Explain the process of primary and secondary processing of cereal. Identify what they can be processed into.

**7**  
Why is iron an essential mineral? State the function, source and deficiencies. What target group is at risk of deficiencies?

**8**  
Describe the process of turning milk into butter and cheese.

**9**  
List 3 examples of oily fish, non oily fish and shellfish.

**10**  
Identify one culture and explain their cooking techniques and food choices.

**12**  
What is the difference between dextrinization and maillard reaction? Provide a definition and food examples.

**11**  
What is the difference between dextrinization and maillard reaction? Provide a definition and food examples.

**12**  
Give 3 ways in which food can be secondary processed.

**13**  
What alternative ingredients could be used for someone who has coeliac disease?

**14**  
Why is Vitamin K needed by the body? Where can it be found?

**15**  
What is a foam and how is it formed?

**16**  
In what ways could a poor diet affect the skeleton and bone structure?

**17**  
Give 4 dishes / features of a traditional Japanese meal/cuisine.

**18**  
What does it mean if a person experiences 'food poverty'? What can be the cause of food poverty?

**19**  
Why is water so important for the body to function?

**20**  
Explain the importance of fibre in the diet

**21**  
Identify the food science behind making a lemon meringue pie.

**22**  
What is the function of each ingredient in bread making and pastry production?

**23**  
Think of a dish. Identify key equipment and state the function and safety concerns.

**24**  
What is the purpose of Fairtrade?

**25**  
Explain the pros and cons of purchasing produce locally and seasonally.

**26**  
What is the purpose of the Eatwell Guide?

**27**  
Explain the process of pasta making.

**28**  
How can not following a recipe impact the outcome?

# March

Spend 10 minutes a day revising the topic / answering the question in the calendar.

1

Why is Vitamin A needed by the body? Where can it be found?

2

Eggs can be used to thicken, bind, emulsify or aerate food products. Explain each of these functions.

3

Iodine is a trace element. Why do we need it? Where is it sourced from?

4

What information needs to be on a food label by law?

5

What are the main functions of Protein in the diet? What happens if we have an excess or a deficiency of Protein?

6

What are the correct ways to use a fridge and freezer?

7

What are 'high risk foods' and what makes them high risk?

8

What are the 5 senses and how can they influence our opinions on food?

9

What are the functions of Carbohydrates in the diet? What happens if we have an excess or a deficiency of Carbohydrate?

10

What are amino acids? Why are some called 'essential'? What does this mean?

12

What are the differences between chemical, biological and mechanical raising agents. Give one example of each.

11

There are 5 key ways of cooking food using water/liquid. What are they and how do they work?

12

What is BMR? What factors can affect a persons BMR?

13

What are the main intolerances and allergies people can have with food? For each one name the types of food they cannot eat.

14

What are the main functions of Fats in the diet? What happens if we have an excess or a deficiency of Fat?

15

Phosphorus is a mineral. Why do we need it? Where is it sourced from?

16

What are amino acids? Why do we need them? Where do we find them?

17

What are the right conditions for microorganisms to grow? How can you change the conditions?

18

What does the term 'food provenance' mean?

19

What are additives and why are they used? Give a positive and negative reason to using them.

20

What is the 'danger zone' in regards to food safety?

21

Why is Vitamin D needed by the body? Where can it be found?

22

What is cross-contamination and how can it be prevented?

23

Give an example of a health issues caused by too much sugar and one caused by not enough.

24

Name 3 techniques that can be used to market and advertise food.

25

Sugar caramelises when it is heated. Why and how does this happen?

26

Give 2 advantages and 2 disadvantages to only buying local produce.

27

How can sensory testing be carried out so that it is fair?

28

What is the red tractor symbol and what does it stand for?

29

What is food fortification and why does it happen?

30

Give 4 dishes / features of a traditional Spanish meal/cuisine.

31

What are the differences between meat, poultry, game and offal?

# April

Spend 10 minutes a day revising the topic / answering the question in the calendar.

1

Baking powder is used as a raising agent but what is it made of?

2

What is meant by the term 'reared' when discussing animals?

3

In what ways are microorganisms used for good?

4

What is protein complementation? Why is it needed? Give examples of LBV and HBV foods.

5

What are the differences between religions when it comes to their customs in what they do and do not eat?

6

What is the difference between a simple and complex carbohydrate? Give food examples of each.

7

Why are stir-fried dishes often seen as being healthier than other frying methods?

8

What are antioxidants and why do we need them in our bodies?

9

Why is Vitamin C needed by the body? Where can it be found?

10

What are the differences between intensive farming and organic farming?

12

What is modified atmospheric packaging?

11

What are the differences between vegetarians, vegans and pescatarians?

12

What is the difference between a vitamin being water soluble and fat soluble?

13

Why is iron a particularly important nutrient for teenage girls?

14

There are 5 types of bacteria that you need to know that cause food poisoning. What are they? Where are they found?

15

What is Fibre? Where is it sourced from? Why is it needed?

16

What is the difference between saturated and unsaturated fats. What foods contain which? Which type of fat is better for you?

17

There are 4 processes that cook food using dry heat that you need to know. What are they and how do they work?

18

The Eatwell guide gives recommendations for a healthy diet – what are they?

19

Fats and oils can be used to aerate, shorten and plasticise food. What does each of these terms mean? How is it achieved?

20

Calcium is a mineral. Why do we need it? Where is it sourced from?

21

What is dextrinisation and when does it occur?

22

What are the three classifications for fish? Name 1 fish for each category.

23

What is 'enzymic browning' and how can it be prevented?

24

What alternative ingredients could be used for someone who is lactose intolerant?

25

What are the differences between probiotic and prebiotics?

26

State 3 advantages and 3 disadvantages of genetically modified foods.

27

What information can we get from food labels? Why are food labels important?

28

What are the differences between a use by date and a best before date?

29

What factors can influence people's food choices?

30

Why are the B Vitamins needed by the body? Where can they be found?

# May

Spend 10 minutes a day revising the topic / answering the question in the calendar.

1

In what ways can you modify meals to be healthier?

2

In what ways can water be lost from the body?

3

Name 4 diet related health problems and suggest ways that the diets can be improved.

4

Where is gluten found and what is its function within a dough?

5

Give 3 different moral or ethical concerns that a person could have that would influence what they eat.

6

What can the benefits be to picking your own fruit over buying for the supermarket?

7

What are the differences between factory-farmed animals and free-range animals?

8

What are the different energy levels of the different macronutrients? How can you use this to calculate energy value?

9

Sodium is a mineral. Why do we need it? Where is it sourced from?

10

Heat can be transferred in 3 different ways. What are they and how do they work?

12

What is 'fairtrade'? How can someone know if what they are buying is fairtrade?

11

Different age groups have different nutritional needs. Give 2 examples of this.

12

Fluoride is a trace element. Why do we need it? Where is it sourced from?

13

What are the positives and negatives to food packaging?

14

What is Diabetes? What health problems are linked with diabetes? How is diabetes caused?

15

What is meant by saying that 'proteins denature'? When and how does this happen?

16

What are some alternative proteins? Why would someone choose to eat these rather than animal sources?

17

Iron is a mineral. Why do we need it? Where is it sourced from?

18

What is PAL? How can you use BMR and PAL to work out the daily energy requirements for a person?

19

What are the different fishing methods that can be used? What does sustainable fishing mean?

20

Give 2 dishes that are representative of each country within the UK.

21

Why is Vitamin E needed by the body? Where can it be found?

22

Give 3 examples of primary processing of food.

23

Give 5 reasons as to why food is cooked.

24

What does it mean if a person has 'food security'?

25

What does BMI stand for and how is this measured?

26

What are the main reasons for food waste? How can food wastage be reduced?

27

How does the process of (starch) gelatinisation work?

28

What is meant by the terms 'food miles' and 'carbon footprint'?

29

What is emulsification? Give an example of food that is emulsified.

30

Explain the processes of shallow frying and stir frying.