

Food Preparation and Nutrition- Topics for February Mock Exam

Bread – key ingredients and function, nutritional value, types of bread and fermentation

Meat – types and nutritional value (protein), processing techniques, changes that happen when meat is cooked.

Vegans, lactose intolerance, individual energy requirement, NSP.

Nutrition- macro and micro nutrients.

Enzymic browning, micro- organisms as well as the positive use, safe food handling.

Food labelling- protecting the consumer.

Environmental awareness- customer awareness.