



YEAR 11 OCR FOOD PREPARATION & NUTRITION
 REVISION CHECKLIST

A - Nutrition	TOPIC	PRE-REVISION			POST- REVISION		
	RAG Rate	NOT CONFIDENT	GETTING THERE	CONFIDENT	NOT CONFIDENT	GETTING THERE	CONFIDENT
	Relationship between diet and health						
	Dietary needs of different groups						
	Nutritional needs when selecting recipes						
	Energy balance						
	Protein						
	Fats						
	Carbohydrates						
	Vitamins						
	Minerals						
	Water						
Nutrients in food							





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B - Food	TOPIC	PRE-REVISION			POST- REVISION		
	Food provenance – food source and supply						
	Food provenance – food processing and production						





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C - Cooking and Food Preparation	TOPIC	PRE-REVISION			POST- REVISION		
	Sensory properties						

D - Skills requirements	TOPIC	PRE-REVISION			POST- REVISION		
	Equipment						
	Knife skills						
	Preparation and techniques						
	Cooking methods						
	Sauces						
	Set a mixture						
	Raising agents						
	Dough						
Judge and manipulate sensory properties							

