Learning Checklist My target grade is:

Exam Board: Topic/Module: Year

Group: 11

My predicted grade is:

GCSE Food Technology Personalised

Use this checklist before your assessment to focus your revision, and after to check the effectiveness of your revision

G	I am confident about this topic and I know what I need to do to revise it
A	I am not too sure about this topic, I may need to check with my teacher and spend more time revising this topic
R	I am not confident I could answer a question on this topic. I need to check with my teacher and ensure I have what I need to revise it.

Revision Resources	Topic / Unit Focus	R	A	G
	The Functions and Properties of Food			
	Poultry			
	Meats - Changes which take place when cooking this in a stir fry?			
	Vegetables - Changes which occur when cooking this in a stir fry?			
	What alternatives can be used in a stir fry to meat? - Link Protein.			
	The Nutritional Properties of Food			
	Diet and health - Nutritional needs of different groups of people - young and elderly.			
	What is HBV?			
	Nutritional knowledge - examples of micronutrients, what are oily fish?Benefits of consuming fish			
	Nutritional labelling			
	How does the body use energy?			
	PAL - What is this?			

Combining Ingredients				
	Raising agents - baking powder, steam - What is the science?			

	Food structures - Marinade - what is the purpose of this?			
	Cake-making methods - Faults in cake making methods.			
PROCESSES AND MANUFACTURE				
	Different types of egg farming.			
	Egg theory and labelling			
	What is emulsification?			
	What is the purpose of the Red Tractor logo on food products?			
Food Safety and Hygiene				
	Food spoilage			
	Food storage - Eggs (How should they be stored?)			
	Food handling - Safety rules when using raw meat.			
Food Production				
	Methods - why does fish cook quickly? Heat transfer techniques - what are the 2 main sources?			

Labelling and Packaging				
	Packaging information			
	Packaging materials - use in raw meats,			
	Environmental considerations - ways to reduce Food waste - buying, preparing and cooking!			
	Use presentation drawings conceptualise the final design			

Sensory Testing				
	Sensory testing methods - How do you record analysis? Tables and star diagrams……			
	Using sensory testing			

Additional Support/ Guidance:
