

Topic 1 - Food, Nutrition & Health



- Protein
- Fat
- Carbohydrate
- Vitamins
- Minerals
- Fibre & digestion
- Healthy Eating Guidelines
- Nutritional needs of different age groups
- Diet related health problems
- Energy Needs
- Nutritional Analysis
- Planning meals for different groups

Topic 2 - Food Science



- Why is food cooked
- Heat transfer
- Water based cooking methods
- Fat based cooking methods
- Dry cooking methods
- Protein - changing properties
- Carbohydrates - changing properties
- Fats & Oils - changing properties
- Raising agents

Topic 3 - Food Safety



- Food Spoilage
- Storing food safely
- Preparing food safely
- Food poisoning
- Use of microorganisms

Topic 4 - Food Choice



- Influences on food choice
- Cultural, religious and moral food choices
- Food labelling
- Influences of marketing
- British and international cuisines
- Sensory testing

Topic 4 - Food Provenance



- GM Food
- Grown Food
- Reared Food
- Caught Food
- Waste food and packaging
- Food miles and carbon footprint
- Global food production
- Primary food processing
- Secondary food processing
- Food fortification and modification