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**Year 11 AQA FP&N MOCK Exam revision Nov 2020**

Use this sheet to help you track your revision for the Mock exam. Make sure you use the revision book to help you. You may want to also use [www.SenecaLearning.com](http://www.SenecaLearning.com) and [www.bbc.co.uk/bitesize](http://www.bbc.co.uk/bitesize) to support with your revision.

Please make sure you bring to the exam a few black pens and a pencil. If you forget these, you will not be able to answer the questions on the exam paper.

Exam Revision				
	Red	Amber	Green	Comments
<b>As you revise use this traffic light to see where your gaps in understanding are</b>				
• The reasons why food is cooked.				
• The factors that influence food choice when meal planning.				
• Influence of different cooking methods on nutritive value of food.				
• Know the processes boiling, baking and shallow frying.				
• Meal comparison relating to healthy eating.				
• The function of water in the body.				
• Function of micronutrients, A, B1 (thiamin), C (ascorbic acid), K, Calcium, Fluoride				
• Sensory testing of food.				
• Denaturation and coagulation				
• Enzymic browning of food.				
• Food labelling – nutritional information.				
• Problems occurring when cooking food and solutions.				
• Reducing food waste.				
• Fortified foods – nutritional and health benefits.				
• Increase in Type 2 diabetes.				