

FOOD PREPARATION AND NUTRITION

TOPICS

- MAKING INFORMED FOOD CHOICES
- DIET NUTRITION AND HEALTH
- CARBOHYDRATES
- BUYING AND STORING FOOD
- PREPARING COOKING AND SERVING
- FACTORS AFFECTING FOOD CHOICE
- FOOD AND THE ENVIRONMENT
- FOOD PRODUCTION

RESOURCES

Use Year 10 notes from Year 10 work for revision on Nutrition

BBC BITESIZE

GCSE FOOD PREPARATION AND NUTRITION REVISION GUIDE.

ATTEND REVISION SESSION ON 20 JUNE