

Revision Checklist 2018– Food Technology

In the red revision book:

- **Basic nutrition** (vitamins and minerals), macro and micronutrients. Fibre, Fats, Protein,
- **Food hygiene** - cleaning, cooking, cross contamination and chilling. Safe fridge and freezer temperatures, bacteria,
- **Pastry** - making methods, pastry products
- **World food** - different cuisines, where food comes from
- **Functions of ingredients** - Flour, Eggs, Sugar, Fats, Raising Agents
- **Wider issue topics** - Organic food, Free Range, Fair Trade, genetically modified
- **Dietary requirements** - Cultural requirements, allergies and intolerances.
- **Food packaging** - legal requirements
- **Sensory analysis**
- **Effects of poor diet on health** - CHD, obesity, diabetes