

AQA GCSE Food Preparation and Nutrition
Paper 1 – Advance Information for June 2022 Exam

Topic (provided by AQA)	Page(s) in revision guide
Making informed choices: <ul style="list-style-type: none"> • the current guidelines for a healthy diet • portion size and costing when meal planning • how people’s nutritional needs change and how to plan a balanced diet for different life stages • how to plan a balanced meal for specific dietary groups • how to maintain a healthy body weight throughout life 	11 19 12-13 19 20 16
Diet, nutrition and health: <ul style="list-style-type: none"> • the relationship between diet, nutrition and health • major diet related health risks 	14-15
Carbohydrates: <ul style="list-style-type: none"> • Gelatinisation • Dextrinisation • Caramelisation 	29
Buying and storing food: <ul style="list-style-type: none"> • the food safety principles when buying and storing food 	34 – 37
Preparing, cooking and serving: <ul style="list-style-type: none"> • the food safety principles when preparing, cooking and serving food 	38
Factors affecting food choice: <ul style="list-style-type: none"> • To know and understand factors which may influence food choice. 	44-45, 48
Food and the environment: <ul style="list-style-type: none"> • environmental issues associated with food 	59 – 62
Food production: <ul style="list-style-type: none"> • Primary and Secondary stages of processing and production • how processing affects the sensory and nutritional properties of ingredients 	64-65 66 – 67