

Year 11 GCSE revision guide 2007

Use Black Edexcel/Heinemann Food Technology and work through the following:
Read each section carefully. Then pick out the suggested learning and copy this information into a notebook. Learn this information in the best way that suits you. Then try to answer the questions in the Explain/answer box.

Read	Learn	Explain/answer
Section A		
Nutritional needs	The eight guidelines for a healthy diet The recommendations for 2010 Diet through life and Individual needs	Potato crisps are a popular snack. A) Give two reasons why some people consider these products to be unhealthy. 2 marks B) Describe two ways in which manufacturers are producing more healthy savoury snack products 4 marks
Proteins	Why are proteins important? HBV protein LBV protein	(Read page 96-97 on cultural issues.) A food manufacturer has been asked to produce a new main dish to be served during an airline flight A) Explain one way how culture could influence the choice of protein food in the meal 2 marks B) Explain one way how lifestyle could influence the choice of protein food in the meal. 2 marks
Carbohydrates	Why are carbohydrates important? Types of sugar and sweeteners Foods containing starch NSP	Sketch and label a design idea for a pizza showing sources of protein and starchy carbohydrate. Choose and label ingredients that will provide a good source of NSP 6 marks
Fats	Functions of fat Sources of fat Types of fat Low fat methods of cooking	Describe two ways in which a chocolate fresh cream éclair (eaten too often!) may contribute to different forms of poor health. 4 marks
Vitamins and minerals	Learn the tables – vitamin, source, function and deficiency (copy them out – use the computer if it helps, draw boxes to fill in then cut them up and try and put them back together) Hints and tips to retain water-soluble vitamins in cooking	Test each other! Explain – fortified foods, water soluble/fat soluble

This next part covers a very wide section of the Food Technology course. The suggestions in the Learning column will help focus your revision and give you basic knowledge and cues to help you recall your wider reading.		
Read	Learn	Explain/answer
Processing Foods 1	Definitions of primary and secondary processing The 3 main industrial processing techniques	List the mechanical processing techniques. Give an example where each one might be used
Processing Foods 2	Should be able to list and briefly describe each method for heat and cold methods of processing. Learn the temperatures!	A manufacturer wishes to produce a mousse-type dessert. The ingredients will include caster sugar, lemons, eggs and double cream. Describe how processing of these ingredients can ensure they produce a safe product. Hint – pasteurisation is not only used for milk 4 marks
Processing Foods 3	Take each heading (in bold) and write bullet points to sum it up. Learn your list.	A large supermarket is developing a prototype of a new food product containing a sauce. Feedback from the market researchers testing the prototype has identified the following problems with the product. Problem 1: sauce too thick. Problem 2: the product is too 'bland'. Explain one way in which each of these problems could be overcome. 4 marks
Processing Foods 1,2,3	<i>The information in these last three sections isn't separate – a food product may need to be processed using a range of methods to get a high quality end product.</i>	Look at the chart on p.17 Draw a little spider diagram for each processing method – write the advantages in green and the disadvantages in red. Don't copy it word for word – use brief notes – one point one each 'leg' of the spider
Properties and characteristics of foods 1, 2,3	List the functions of food used in manufacturing. Use the information in the 3 sections (up to page 23) to write a sentence to summarise each function.	Name two ways of setting (gelling) a liquid. 2 marks Name two products that require fermentation in their production process. 2 marks List four foods which are fortified and state the nutrients that have been added to each 4 marks State 3 ways a mixture can be aerated and for each method give one example of how it is used in food manufacture 6 marks

Read	Learn	Explain/answer
Worksheets – Design specification 1 and 2	Carry out the revision exercises on the worksheets	
Health and Safety 1,2,3 pages 52-57	Carry out the revision exercises on the HAZARD ANALYSIS AND CRITICAL CONTROL POINTS worksheet	
Using ICT and CAD in single item production pages 58-61	The list of design stages where ICT can be used	Microwave ovens, Timers, and Bread Makers are all examples of CAM used in the home. For each piece of equipment give two advantages and two disadvantages for use in the home.
CAM in batch and volume production	The list of things that sensors can be used to test	
Preparation and Manufacture 3 page 48	What are standard components? Why use standard components? Uses of standard components?	Draw the three spider diagrams of uses of standard components (pasta, grated cheese, cooking fats) Draw your own diagram for ready-prepared puff pastry and for frozen mixed fruit (eg raspberries, blackcurrants, blueberries, blackberries that are cleaned, mixed and frozen)
Choice and fitness for purpose 1,2,3	Functions of packaging Legal requirements to include on a food label	Read page 94-95 Environmental issues
The effect of technology on society and individuals page 89- Biotechnology	Learn the list of traditional products made using biotechnology	List the new products/processes that can now be produced using biotechnology – think about your opinion on the use of some of the more controversial of these processes.