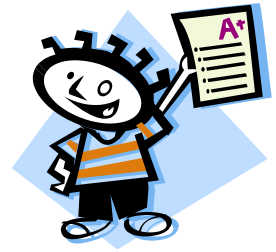


Year 11 GCSE Food and Nutrition

Mock Exam Revision 2012

New facts you will need to know/revise ..



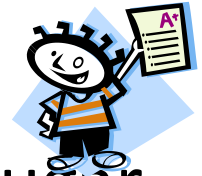
1. The advantages and disadvantages of buying food from different places (e.g. big supermarket v. corner shop)
2. The advantages and disadvantages of different methods of cooking (e.g. bake and fry)
3. How malnutrition affects health. How to prevent common diseases of malnutrition including anaemia, & diverticulitis

Old information you will need to know/revise ..



1. The difference between a vegetarian and vegan diet and some reasons why people choose to become vegetarian
2. Amino acids in proteins
3. The function (and sources) of vitamins A and C in the diet
4. Calories and energy. What is the 'energy balance' and what happened to people who eat too much or little

5. How obesity affects health



6. Recommendations for a healthy diet (fat, sugar, salt, fibre, calories)

7. Food poisoning bacteria. Names, symptoms of poisoning, multiplication of (under what conditions they multiply) and how to prevention of contamination. Salmonella, Bacillus Cerus, staphloccocus & Campylobacter.