

Year 10 revision list 2019



Topic	Specific detail ✓
Vegetarianism	<ul style="list-style-type: none"> • Types • Reasons for increase • Advantages and disadvantages • Modifying a recipe to suit a vegan
Culture	<ul style="list-style-type: none"> • Definition of multicultural • Reasons for increase in popularity of multicultural foods • Specific dietary rules for different religions
Consumerism	<ul style="list-style-type: none"> • Examples of goods and services • Rights and responsibilities of a consumer • Reasons why older people may be prevented from being an effective consumer • Advantages and disadvantages of different shopping outlets • Consumer Rights Act 2015 • Factors influencing the consumer when shopping
Leftover food	<ul style="list-style-type: none"> • Reasons why people waste food • Examples of dishes with leftovers • Definition of rechauffe cookery • Rules for using leftovers
Recipe analysis	<ul style="list-style-type: none"> • Sources of nutrients and their functions in a recipe • Suitable adaptations/alternatives • Equipment required • Methods of heat transfer • Colour coding for chopping boards
Convenience Foods	<ul style="list-style-type: none"> • Classification and examples • Advantages and disadvantages
Food allergy and food intolerance	<ul style="list-style-type: none"> • Food allergy – definition, common foods people may be allergic to, symptoms and treatment • Food intolerance – types, foods associated with intolerances, symptoms and management
Fruit and vegetables	<ul style="list-style-type: none"> • Nutritional benefits • Modifying recipes to include more foods from the fruit and vegetables group in the Eat well guide

