

## Year 10 revision list 2022



Topic	Specific detail ✓
Vegetarianism	<ul style="list-style-type: none"> <li>• Types</li> <li>• Reasons for increase</li> <li>• Advantages and disadvantages</li> <li>• Modifying a recipe to suit a vegan</li> </ul>
International cuisine	<ul style="list-style-type: none"> <li>• Definition of multicultural</li> <li>• Reasons for increase in popularity of multicultural foods</li> <li>• Specific dietary rules for different religions</li> </ul>
Food poisoning	<ul style="list-style-type: none"> <li>• Conditions for bacterial growth</li> <li>• The 4C's in relation to food safety</li> <li>• Sources and symptoms of salmonella and E.coli</li> </ul>
Modifying recipes	<ul style="list-style-type: none"> <li>• Reasons why people modify recipes</li> <li>• How to modify recipes</li> </ul>
Recipe analysis	<ul style="list-style-type: none"> <li>• Sources of nutrients and their functions in a recipe</li> <li>• Suitable adaptations/alternatives</li> <li>• Equipment required</li> <li>• Methods of heat transfer</li> </ul>
Convenience Foods	<ul style="list-style-type: none"> <li>• Classification and examples</li> <li>• Advantages and disadvantages</li> </ul>
Food allergy and food intolerance	<ul style="list-style-type: none"> <li>• Food allergy – definition, common foods people may be allergic to, symptoms and treatment</li> <li>• Food intolerance – types, foods associated with intolerances, symptoms and management</li> </ul>
Shopping	<ul style="list-style-type: none"> <li>• Types of shopping outlets</li> <li>• Evaluation of shopping options</li> </ul>
Anaemia and Diabetes	<ul style="list-style-type: none"> <li>• Definition</li> <li>• Common symptoms</li> <li>• Factors affecting iron absorption</li> </ul>