


<b>What are the 3 main Macronutrients?</b> Protein, Fats and Carbohydrates	<b>Which vitamin helps with absorption of iron?</b> Vitamin C	<b>How much of our energy should come from carbohydrates?</b> 50%	<b>What happens to sugar when it is heated?</b> It caramelises	<b>What is a stable emulsion?</b> A mixture of oily and watery substances that do not separate e.g., Mayonnaise	<b>What are the main conditions micro-organisms need to grow?</b> Warmth, moisture, food, right PH, and time	<b>What are the main sensory tests?</b> Profiling test, rating test, ranking test, triangle test and paired preference test
<b>What are proteins made up of?</b> Amino acids – these are known as the building blocks of the body	<b>What are the 3 main types of Carbohydrates?</b> Starches, sugar, and dietary fibre	<b>What does energy balance mean?</b> The balance of energy which goes in our body and which we use	<b>What is Gelatinisation?</b> When starch grains are heated in a liquid, they thicken it by gelatinisation	<b>What causes the surfaces of some fruit to brown when cut?</b> Enzymes	<b>What is the danger zone?</b> The temperature when bacteria rapidly multiply 5°C to 63°C	<b>What is intensive farming?</b> When methods of farming used produce the highest yields
<b>What are the 2 different types of protein?</b> HBV and LBV Proteins- these have different biological values	<b>What is the Glycaemic Index?</b> An index which rates carbohydrates on how quickly they affect blood sugar levels	<b>What are protein alternatives?</b> Foods which provide protein but do not come from meat sources e.g., Quorn, soya, TVP	<b>What are staple foods?</b> Foods that form a main part of a diet e.g., Potatoes, Pasta, Rice, Cereals	<b>What is the plasticity of fats?</b> The ability of fats to spread and be manipulated	<b>What does preservation do to food?</b> It extends its shelf life e.g., pickling, salting, freezing, jam-making	<b>What does organic mean?</b> Food grown naturally without using artificial fertilisers and pesticides
<b>What is the function of protein in the body?</b> The primary function of Protein is for growth, repair and maintenance of body cells and tissues	<b>How much fibre should an average adult have a day?</b> 30g	<b>50 Facts</b> <b>Food Preparation &amp; Nutrition</b> Use your revision guide and this sheet to help you learn the key facts 			<b>How can microorganisms be used in food production?</b> Yeast makes alcoholic drinks and makes bread rise. Moulds can be added to cheese and bacteria are used to make yoghurt, cheese, and fermented meats	<b>What is the Eatwell guide?</b> A guide which gives recommendations of foods from different groups for a healthy diet
<b>What are the two Micronutrients?</b> Vitamins and Minerals	<b>Why is iron needed as part of a healthy diet?</b> Iron is needed to form red blood cells. It prevents anaemia				<b>What does cuisine mean?</b> It is a style of cooking representative of a particular country or region	<b>What are the main diet related health problems?</b> Obesity CVD and CHD Diabetes High blood pressure
<b>What are the 4 fat soluble vitamins?</b> Vitamin A, D, E, K	<b>How many portions of fish should we eat a week?</b> 2 portions, one of which should be oily fish.	<b>What does BMI mean?</b> Basal metabolic rate - the amount of energy needed by the body when it is at rest	<b>What are the main cooking methods?</b> Water-based, Fat- based, Dry- methods	<b>What is shortening?</b> When fat is rubbed into flour it prevents long gluten strands from forming	<b>What is a food allergy?</b> When a person's immune system reacts to certain foods	<b>What does genetically modified mean?</b> Food that has had its genes altered to improve its growth and qualities
<b>Which vitamin helps the absorption of Calcium?</b> Vitamin D	<b>What do the following terms mean: - CVD AND CHD?</b> Cardiovascular disease and Coronary heart disease	<b>What is a food intolerance?</b> When a substance in food is difficult for the body to digest e.g., coeliac	<b>What is Gluten?</b> The protein found in flour which gives it the ability to stretch	<b>What is aeration?</b> When air is trapped in a mixture	<b>Some information on a food label is mandatory, what does this mean?</b> The information is required by law e.g., ingredients list	<b>What are food miles?</b> The distance food must travel from where it is produced to your plate
<b>What are the 2 main water-soluble vitamins?</b> Vitamin C and the B group of vitamins	<b>How much salt is recommended a day?</b> 6g	<b>What happens to proteins during cooking?</b> They denature and coagulate	<b>What are the main types of raising agents?</b> Biological and Chemical	<b>What are the 3 main methods of heat transfer?</b> Convection, Conduction and Radiation	<b>What are the main senses used to influence our food choice?</b> Sight, touch, sound, taste, and smell	<b>What is secondary food processing?</b> Using primary processed foods to make other products e.g., milk into butter