

Year 11 Revision

Revision for Exam

- ✓ Cross contamination.
- ✓ Vitamin B Group (12 and 9).
- ✓ Function of sodium.
- ✓ Function of iron.
- ✓ Protein – LBV and HBV.
- ✓ Energy and energy imbalance.
- ✓ The effect of cooking on water soluble vitamins.
- ✓ Safe storage of meat – preparation and storage.
- ✓ Complex Carbohydrates and Simple Carbohydrates
- ✓ Dietary requirements – the elderly
- ✓ Dietary requirements – pregnancy