

# Year 11 revision:

## 1: Commodities:

[https://www.eda.staffs.sch.uk/wp-content/uploads/2018/10/Food\\_Nutrition\\_Y10\\_Knowledge\\_Organiser.pdf](https://www.eda.staffs.sch.uk/wp-content/uploads/2018/10/Food_Nutrition_Y10_Knowledge_Organiser.pdf)

Commodities knowledge organisers including characteristics (pages 1 – 11)

[https://www.youtube.com/watch?v=bTES\\_33CbHE](https://www.youtube.com/watch?v=bTES_33CbHE) what is a food commodity?

### **Nutritional information of whole grains:**

<https://www.youtube.com/watch?v=OEK5LzAOuoA&t=37s> whole grains nutrition facts

### **Origins of commodities grains:**

<https://www.youtube.com/watch?v=y8vLjPctrcU&t=3s> how bread is made.

<https://www.youtube.com/watch?v=kxAEiHCErSA> how is rice grown

[https://www.youtube.com/watch?v=D\\_hl5LEBlms](https://www.youtube.com/watch?v=D_hl5LEBlms) how are oats grown

### **Meat, fish, poultry and eggs:**

<https://www.youtube.com/watch?v=2TGYdAvVdxQ> Commodities – meat, fish, poultry

[https://www.youtube.com/watch?v=w8PIp-3q\\_0](https://www.youtube.com/watch?v=w8PIp-3q_0) meat, poultry and fish nutritional aspects (indepth)

<https://www.youtube.com/watch?v=o3LGMkKTVW0> farm to fork fish

<https://www.youtube.com/watch?v=klc5baCEoQ> eggs farm to fork

<https://www.youtube.com/watch?v=0dmZKRLljZ4> beef farm to fork

## 2: Nutrition:

[https://www.eda.staffs.sch.uk/wp-content/uploads/2018/10/Food\\_Nutrition\\_Y10\\_Knowledge\\_Organiser.pdf](https://www.eda.staffs.sch.uk/wp-content/uploads/2018/10/Food_Nutrition_Y10_Knowledge_Organiser.pdf)

Knowledge organisers macro and micro nutrients (pages 12-13)

<https://www.bbc.co.uk/bitesize/guides/z8rqw6f/revision/1> Food and nutrition for good health

<https://www.bbc.co.uk/bitesize/guides/zpt33k7/revision/1> Micronutrients

<https://www.bbc.co.uk/bitesize/guides/znnqghv/revision/1> Macronutrients

<https://www.bbc.co.uk/bitesize/guides/ztw3y4j/revision/1> Water and fibre

<https://www.youtube.com/watch?v=KSKPgaSGSYA> protein focus 1

<https://www.youtube.com/watch?v=WTMCLgXvd2Y> protein focus 2 (INDEPTH)

[https://www.youtube.com/watch?v=ywH2\\_KfrOUc](https://www.youtube.com/watch?v=ywH2_KfrOUc) protein focus 3 (more fun in-depth)

<https://www.youtube.com/watch?v=xoV4hYr8g8Q> meat fish and other proteins healthy shopping guide

[https://www.youtube.com/watch?v=9oKPV\\_c-ug8](https://www.youtube.com/watch?v=9oKPV_c-ug8) – gastro lab (fats)

## 3: Diet and nutrition:

[https://www.eda.staffs.sch.uk/wp-content/uploads/2018/10/Food\\_Nutrition\\_Y10\\_Knowledge\\_Organiser.pdf](https://www.eda.staffs.sch.uk/wp-content/uploads/2018/10/Food_Nutrition_Y10_Knowledge_Organiser.pdf)

Knowledge organisers for diet and nutrition (pages 14- 15)

<https://www.bbc.co.uk/bitesize/guides/z7yttv4/revision/1> Nutrition and life stages

<https://www.bbc.co.uk/bitesize/guides/zk92msg/revision/1> Health issues

<https://www.youtube.com/watch?v=UIQ1Hyq9HG0> guidelines for healthy eating

## **Calculate energy and nutritional values of recipes and meals:**

[https://www.eda.staffs.sch.uk/wp-content/uploads/2018/10/Food\\_Nutrition\\_Y10\\_Knowledge\\_Organiser.pdf](https://www.eda.staffs.sch.uk/wp-content/uploads/2018/10/Food_Nutrition_Y10_Knowledge_Organiser.pdf)

knowledge organiser nutritional facts

<https://www.bbc.co.uk/bitesize/guides/zqj66yc/revision/1> Energy and nutrients (focus on slide 2, but read all)

<https://www.bbc.co.uk/bitesize/guides/zcbyrdm/revision/1> focus on slide 4 (calculating dietary requirements).

<https://www.bbc.co.uk/bitesize/guides/zgvnpbk/revision/1> Special diets

<https://www.bbc.co.uk/bitesize/articles/zc8bydm> Diet

## **4: The science of food:**

### **The effects of cooking on food:**

[https://www.eda.staffs.sch.uk/wp-content/uploads/2018/10/Food\\_Nutrition\\_Y10\\_Knowledge\\_Organiser.pdf](https://www.eda.staffs.sch.uk/wp-content/uploads/2018/10/Food_Nutrition_Y10_Knowledge_Organiser.pdf)

food science - heat transference, what happens with food while cooked.

<https://www.youtube.com/watch?v=HpCvWuvCUoA> conduction, convection and radiation

<https://www.youtube.com/watch?v=fiFi-d0RwKo> healthier cooking methods and palatability

<https://www.youtube.com/watch?v=LouNnXUmANs> Function of Fats in food

<https://www.youtube.com/watch?v=OoCqGDn1Daw> Function of flour in baking

<https://www.youtube.com/watch?v=VVU2ujrfGf0> meaning of palatability

<https://www.youtube.com/watch?v=flxmB8NKMzE> food safety

### **Storage and health and safety:**

[https://www.eda.staffs.sch.uk/wp-content/uploads/2018/10/Food\\_Nutrition\\_Y10\\_Knowledge\\_Organiser.pdf](https://www.eda.staffs.sch.uk/wp-content/uploads/2018/10/Food_Nutrition_Y10_Knowledge_Organiser.pdf)

Knowledge organisers health and safety and storing food (pages 16-17)

<https://www.bbc.co.uk/bitesize/guides/z77v3k7/revision/1> BBC Bite size food safety worksheet/video/tests

<https://www.bbc.co.uk/bitesize/guides/zndnsrd/revision/1> BBC Bite size food safety worksheet/video/tests 2

<https://www.youtube.com/watch?v=flxmB8NKMzE&t=30s> food safety

[https://www.youtube.com/watch?v=QBts\\_xSV2wo](https://www.youtube.com/watch?v=QBts_xSV2wo) food safety overview

<https://www.food.gov.uk/safety-hygiene/best-before-and-use-by-dates> Date marks – use by and best before

<https://www.youtube.com/watch?v=Net6HIJKgig> storing food

<https://www.youtube.com/watch?v=LPWvzW82kWU> food preservation

<https://www.youtube.com/watch?v=55ApZ0LlbrM> HACCP what is it?

## **5. Where food comes from:**

### **Food provenance:**

[https://www.eda.staffs.sch.uk/wp-content/uploads/2018/10/Food\\_Nutrition\\_Y10\\_Knowledge\\_Organiser.pdf](https://www.eda.staffs.sch.uk/wp-content/uploads/2018/10/Food_Nutrition_Y10_Knowledge_Organiser.pdf)

sustainability with food (page 19, 21, 22)

<https://www.youtube.com/watch?v=jRQei-C5GDg> Brilliant video on carbon footprint.

<https://www.bbc.co.uk/bitesize/guides/zks8jty/revision/1> BBC Bitesize worksheets/video/tests

<https://www.youtube.com/watch?v=9Opt06QF9WY> BBC food provenance kids video

<https://www.youtube.com/watch?v=bZunlpj95G4> food provenance (start at 2.03)

<https://www.youtube.com/watch?v=GZyDm9EzCew> Provision of food in the UK

[https://www.youtube.com/watch?v=46\\_cL9Uwz9c](https://www.youtube.com/watch?v=46_cL9Uwz9c) global food supply and impact of food insecurity

<https://www.youtube.com/watch?v=6xINyWPpB8> Journey of a plastic bottle

<https://www.youtube.com/watch?v=98UZ-SlTr9Y> buying local foods

<https://www.youtube.com/watch?v=aetw560Xjhg> What is Fairtrade

### **Food manufacturing:**

[https://www.eda.staffs.sch.uk/wp-content/uploads/2018/10/Food\\_Nutrition\\_Y10\\_Knowledge\\_Organiser.pdf](https://www.eda.staffs.sch.uk/wp-content/uploads/2018/10/Food_Nutrition_Y10_Knowledge_Organiser.pdf)

knowledge organisers for primary and secondary processing

[https://www.youtube.com/watch?v=RkdBKb0nokM&list=PLcvEcrsF\\_9zInjxnoPbjRXHScwzEKTuGr&index=5](https://www.youtube.com/watch?v=RkdBKb0nokM&list=PLcvEcrsF_9zInjxnoPbjRXHScwzEKTuGr&index=5) Food production

<https://www.youtube.com/watch?v=hrAMgAativA> fish to finger - primary to secondary

### **6. Factors affecting choice:**

[https://www.eda.staffs.sch.uk/wp-content/uploads/2018/10/Food\\_Nutrition\\_Y10\\_Knowledge\\_Organiser.pdf](https://www.eda.staffs.sch.uk/wp-content/uploads/2018/10/Food_Nutrition_Y10_Knowledge_Organiser.pdf)

knowledge organisers (page 24, 26)

[https://www.youtube.com/watch?v=r6Uezl\\_Pveg](https://www.youtube.com/watch?v=r6Uezl_Pveg) factors that influence eating habits and food choices

<https://www.bbc.co.uk/bitesize/guides/z7fw7p3/revision/1> **BBC Bitesize factors affecting food choice worksheets/videos/tests**