



## Food and Nutrition: Areas for Development

### Revision Resources

1	Carbohydrates - <a href="#">Gelatinisation</a> <a href="https://www.ifst.org/lovefoodlovescience/resources/carbohydrates-gelatinisation">https://www.ifst.org/lovefoodlovescience/resources/carbohydrates-gelatinisation</a>
2	Food safety - <a href="#">Food safety</a> <a href="https://www.food.gov.uk/food-safety">https://www.food.gov.uk/food-safety</a>
3	Food safety - <a href="#">Poisoning</a> <a href="https://www.foodsafety.gov/people-at-risk">https://www.foodsafety.gov/people-at-risk</a>
4	Food choice - <a href="#">Personal, social, and economic factors</a> <a href="https://www.bbc.co.uk/bitesize/guides/z7fw7p3/revision/1">https://www.bbc.co.uk/bitesize/guides/z7fw7p3/revision/1</a>
5	Healthy eating - <a href="#">Eat well</a> <a href="https://www.nhs.uk/live-well/eat-well/">https://www.nhs.uk/live-well/eat-well/</a>
6	Carbohydrates - <a href="#">Dextrinization</a> <a href="https://www.ifst.org/lovefoodlovescience/resources/carbohydrates-dextrinization">https://www.ifst.org/lovefoodlovescience/resources/carbohydrates-dextrinization</a>
7	Fibre - <a href="#">Quick facts</a> <a href="https://www.nutrition.org.uk/healthy-sustainable-diets/starchy-foods-sugar-and-fibre/fibre/">https://www.nutrition.org.uk/healthy-sustainable-diets/starchy-foods-sugar-and-fibre/fibre/</a>
8	Baking SOS - <a href="#">Problems in making pastry</a> <a href="http://www.bbcgoodfood.com/howto/guide/baking-sos-how-rescue-10-common-pastry-problems-richard-burr">www.bbcgoodfood.com/howto/guide/baking-sos-how-rescue-10-common-pastry-problems-richard-burr</a>
9	Food safety - <a href="#">Preparing and cooking food safely</a> <a href="http://www.nhsinform.scot/healthy-living/food-and-nutrition/food-safety-and-hygiene/preparing-and-cooking-food-safely/">www.nhsinform.scot/healthy-living/food-and-nutrition/food-safety-and-hygiene/preparing-and-cooking-food-safely/</a>
10	Nutrition - <a href="#">The Eatwell guide</a> <a href="https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/">https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/</a>

Kindness, Integrity and Tenacity