

GCE: AS Nutrition and Food Science



Year 13 Revision Check List 2024

AS 1: Principles of Nutrition

Unit 1 Examination: 1hr 30min

Wednesday 15th May: 9:15-10:45

Topics to revise

1. Protein.
2. Fat.
3. Carbohydrate.
4. Fat-soluble vitamins (A, D, E & K).
5. Water-soluble vitamins (B1, B2, B6, B12, folate, C).
6. Minerals (calcium, magnesium, phosphorus, potassium, sodium).
7. Trace minerals (fluorine, iodine, iron, selenium, zinc).
8. Water and other fluids.
9. Nutrition through life.
10. Nutrient requirements.

AS 2: Diet, Lifestyle and Health

Unit 2 Examination: 1hr 30min

Tuesday 28th May: 9:15-10:45

Topics to revise

1. Eating patterns.
2. Energy and energy balance.
3. Diet-related disorders (overweight & obesity, cardiovascular disease, cancer, type 2 diabetes).
4. Alcohol.
5. Physical activity.

Revision materials

See specification for a detailed outline on each topic;
Class notes/handouts;
Past papers and mark schemes;
Exemplary answers.

Useful websites

[British Nutrition Foundation: www.nutrition.org.uk](http://www.nutrition.org.uk)

[The European Food Information Council: www.eufic.org](http://www.eufic.org)

[The NHS website – www.nhs.uk](http://www.nhs.uk)

[World Health Organization \(WHO\) www.who.int](http://www.who.int)