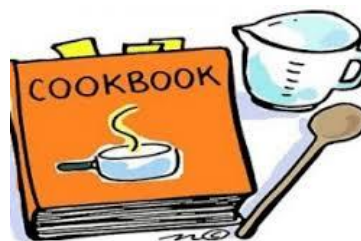


# Food and Nutrition

## Topics to Revise

1. Food provenance
2. Food processing and production
3. Food and nutrition for good health
4. Energy and nutrients
5. Macronutrients
6. Micronutrients
7. Fibre
8. Water
9. Nutritional and dietary needs
10. Priority health issues
11. Being an effective consumer when shopping for food
12. Factors affecting food choice
13. Food safety
14. Resource management

Examination Board: CCEA



## Examination Papers

Component One: **2 hour** written paper: **Thursday 23<sup>rd</sup> May (PM)**

## School Revision Resources

Class notes and answers to review questions

CCEA GCSE HE: Food and Nutrition text book

My revision notes – CCEA Food and Nutrition Guide

Fact Files for selected topics

## Online Resources

<https://www.bbc.co.uk/bitesize/subjects/zdn9jhv>

<https://ccea.org.uk/key-stage-4/gcse/subjects/gcse-home-economics-food-and-nutrition-2017/past-papers-mark-schemes>

<https://ccea.org.uk/key-stage-4/gcse/subjects/gcse-home-economics-food-and-nutrition-2017/support>