All ABOUT FOOD:

Healthy eating: Pgs 6 & 7 Questions 1-6

Variety of food pgs 8 & 9 questions 1—5

Eat for Healthy Weight Pgs 10/11 questions 1-4

Don't eat sugary foods Pgs 14-15 questions 1-6

Fat pgs 16- 17 Questions 1-6

What are saturated fats 18/19 Questions 1-6

Don't eat too much fat 20/21 Q 1—--6 Why should we eat less fat 22/23 Q 1----6

Butter, marg or low fat spreads 24/25 Q 1-3 Protein 26/27 Q 1-6

Look after vitamins and minerals 28/29 Q 1---5

Water soluble vitamins 30/31 Q 1----5

Minerals 32/33 Q 1—6

Calcium and Sodium 34/35 Q 1---4 Summary pgs 36/37

Food in pregnancy 38/39 Q 1---7

Babies and children 40/41 Q 1----5

school children and adolescents, elderly, ethnic and religious groups, vegetarians, --- Pgs42----49 Work out questions

Animal welfare 50/51 Q 1----4

Using the oven 52/53 Q 1---6

Microwave ovens 54/55 Q 1---6

Weighing and measuring 56/57 Q 1—5

Basic kitchen equipment 58/59 Q 1---4

60/61 Q 1—4

Choosing equipment 62/63 answer questions

All equipment on pgs 64---69 Answer questions

Cooking methods 70---75 Answer questions

The cost of food 76/77 Q1-6

Saving money on shopping 78/79 Q1---9

Saving fuel 80/81 Q 1----5

Ready made foods 82/83 Q 1---5 Cooking with the freezer 84/85 Q 1---8 using the freezer 86/87 Q 1---4

Food safety and hygiene 88/89 Q 1----9

Safety in the Kitchen 90/91 Q 1---5

READ

Working out the cost of your product 100/101

Evaluation 102/103

Food safety and the law pgs 114/115 Q1-3

Food packaging and labelling 116/117 Q 1---3

nutritional labelling Q 1---6

preserving food 120---123 Answer questions

food additives questions 1—6 pgs 124/125 Control of additives 126/127 q 1--7

revise All food commodities

cake making Methods

Read and revise notes on family..