

Year 9

Revision for Christmas exams

Complete any missing information in your booklet and learn the following topics

1. Micro nutrients
2. Macro nutrients
3. Protein, function, sources and deficiency
4. Carbohydrate, function, types, sources, diseases
5. Fat, function, types, sources
6. Chopping board colours

red= raw meat

White=cooked or bakery goods

Green=salad and vegetables

7. Hygiene and safety rules (revision link for hygiene and safety=
http://www.sensoryworld.org/kitchen_safety.html)
8. Eatwell guide colours and nutrients (must have colouring pencils green, yellow, purple, blue and pink)
9. The cooker

If you are using the oven see that it is turned on before you begin. All electric and gas cookers have a numbered dial on the outside of the oven. This is called the gas mark on gas cookers. A low number will give you a cool oven. A high number will give you a hot oven. Electric cookers are numbered as degrees in Celsius or Fahrenheit scale.

The shelves inside the oven may need to be moved if they are not in the correct position. Do this whilst the oven is cold. Your recipe will tell you the temperature you require. Set the dial in the correct position, and allow about ten minutes for the oven to heat up.