Your notes

GCSE Food Preparation and Nutrition: revision notes

Food commodities and their nutrients

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Bread, cereals, rice, potatoes and pasta

- These **starchy carbohydrates** are the body's main source of energy. Wholegrain versions also give fibre and more B vitamins.
- Flour is milled from wheat. White flour in the UK is **fortified** with calcium, iron, thiamin (B1) and niacin (B3).
- Store flour, rice and pasta somewhere cool and dry. Keep potatoes somewhere cool and dark so they don't turn green or sprout.
- Cooked rice must be cooled quickly and eaten within a day, because the bacteria Bacillus cereus can grow on it.

Fruit and vegetables

- They give vitamin C, carotene (which the body turns into vitamin A), potassium, folate and fibre, and are low in fat.
- Aim for at least 5 portions a day. Fresh, frozen, canned, dried and juiced all count, though juice only counts once.
- Vitamin C dissolves in water and is destroyed by heat, so steam vegetables or cook them quickly in a little water.

Milk, cheese and yoghurt

- Dairy foods give high biological value (HBV) protein and calcium, as well as vitamin B2 (riboflavin). Whole milk also gives vitamins A and D.
- Choose lower-fat versions to cut down on saturated fat. **Fortified** soya drinks are a dairy alternative.
- Keep them in the fridge at 0 to 5°C and follow the use-by date.

Meat, fish, eggs, beans and other proteins

- Meat, poultry, fish and eggs give HBV protein. Red meat is high in iron and vitamin B12.
- **Oily fish**, such as salmon and mackerel, gives omega-3 fatty acids and vitamin D. We should eat fish twice a week, one of them oily.
- Soya and quinoa are HBV plant proteins. Beans, lentils, nuts and seeds are low biological value (LBV), so combine them, such as beans on toast.
- Keep raw meat and fish covered on the bottom shelf of the fridge, so they can't drip onto other food.

Foods high in fat or sugar

- Butter, oils, margarine, sugar and syrup give a lot of energy but few other nutrients, so they aren't needed in large amounts.
- Choose unsaturated oils, such as olive or rapeseed, over saturated fats, and use them in small amounts.
- Fats also carry the fat-soluble vitamins A, D, E and K.

Exam tip

- When a question names a food, say which nutrients it gives and what they do in the body. "Milk gives calcium for strong bones and teeth" scores more than "milk is healthy".
- Learn how to store each **commodity**: questions often link nutrition with food safety.

Key terms

Commodity	A food or ingredient bought and sold in large amounts, such as wheat, milk or meat.
Starchy carbohydrate	A complex carbohydrate, such as bread, rice, pasta or potatoes, that gives slow-release energy.
High biological value protein	Protein with all the essential amino acids, found in meat, fish, eggs, dairy, soya and quinoa.
Low biological value protein	Protein missing one or more essential amino acids, found in most plant foods.
Protein complementation	Eating LBV proteins together, so that they supply all the essential amino acids.
Fortified	Having nutrients added, such as calcium and iron in white flour.
Oily fish	Fish such as salmon and mackerel that gives omega-3 fatty acids and vitamin D.

Your notes

Quick questions

Cover the answers and test yourself: remembering is what makes it stick.

1. Which group of foods should be the body's main source of energy?
2. Which nutrients are added to white flour in the UK?
3. Why should potatoes be kept in a cool, dark place?
4. Why must cooked rice be cooled quickly?
5. Which vitamin do fruit and vegetables give that is destroyed by heat?
6. What does the body make from the carotene in carrots?
7. Which mineral are dairy foods best known for?
8. What temperature should a fridge be?

Answers

1. Starchy carbohydrates
2. Calcium, iron, thiamin and niacin
3. So they don't turn green or sprout
4. Bacillus cereus can grow on it and cause food poisoning
5. Vitamin C
6. Vitamin A
7. Calcium
8. 0 to 5°C

What to do next

Practise 12 questions on this topic

Try 4 exam questions, with mark schemes

Read the lesson, one step at a time

Free revision for GCSE and KS3 at lycolearn.co.uk. Some notes are for one exam board only, and say so in brackets.

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