
FOOD AND COOKERY

Section A:

- Nutrients
- Cooking methods
- Proteins
- Carbohydrates
- Allergens
- Food storage

Section B:

- Personal hygiene
- Carbohydrates uses and example
- Balanced diet
- Risks and control measures
- Allergies
- Seasonal foods

Section C:

- Benefits of fresh ingredients
- Control measures for temperature
- Skills in cooking
- Adaptation of meals

Section D:

- Foods for healthier living
- FSA
- Food crime
- False labelling for profit

Section E:

- Meal planning for nutrition, health and safety and adaptations