



Year 10

Food and Nutrition: Areas for Development

Revision Resources

1	Food, nutrition and health - Energy and nutrients www.foodafactoflife.org.uk/14-16-years/healthy-eating-14-16-years/energy-and-nutrients-14-16-years/
2	Food science - Functional and chemical properties of food www.foodafactoflife.org.uk/14-16-years/food-science-14-16-years/functional-and-chemical-properties-of-food/
3	Food safety - Food safety (14-16 Years) https://www.foodafactoflife.org.uk/14-16-years/cooking-14-16-years/food-safety-14-16-years/
4	Food choice - Selecting ingredients https://www.foodafactoflife.org.uk/11-14-years/cooking-11-14-years/ingredients-11-14-years/
5	Food choice - Cooking videos https://www.foodafactoflife.org.uk/14-16-years/cooking-14-16-years/cooking-videos-14-16-years/
6	Food, nutrition and health - Nutritional needs through life www.foodafactoflife.org.uk/14-16-years/healthy-eating-14-16-years/nutritional-needs-through-life-14-16-years/

Kindness, Integrity and Tenacity