REVISION FOR UNIT 2 EXAM

* Know the steps involved in the design process and be able to apply your understanding of these to a specific brief
* Analysing a design brief-understanding how to identify constraints and considerations, write criteria of evaluation
* Research types-Primary and Secondary Research and what should be researched from a brief. Why is the research important
* How do you brainstorm ideas and make informed good decisions on the food items chosen. What should be considered at this stage. Be able to identify advantages and disadvantages of the ideas you have for a brief
* What do you need to do to prepare and plan for your production of the food items?
* What notes should you take during and after productions to assist with writing up modifications and effectiveness of production
* What needs to be included in an evaluation of each dish and the overall assessment of your criteria of evaluation? What do you include in evaluating the effectiveness of planning and production?
* Define a complex process and be able to list the main complex processes you have covered. Be able to identify some of the decisions that need to be made during the process for success.
* Safety considerations of major equipment in the kitchen and understanding what piece of equipment is best for the particular process e.g knives, food processors, Kenwood mixers, whisks, ovens, stoves, microwave
* Different methods of cooking- Define and be able to give examples, understand benefits and disadvantages of each, and safety, hygiene considerations of each Wet methods-steaming, braising, boiling, Dry method- Baking, frying, grilling, roasting
* How does a microwave work? What is conduction, convection and radiant heat and be able to explain how food is cooked in each, disadvantages, advantages and give examples
* Shallow frying vs stir fry vs deep frying-understand differences and important points of each
* Technological advances-silicon, microplaners, thermomix, Teflon cookware
* Key foods-nutrients, function in our bodies and food sources, storage
* Lifespan nutrition and importance of these nutrients at each stage, foods that are have these nutrients required
* Major health issues in Australia and why these are such an issue. What diet strategies can change or reduce the risk of these
* Food allergy and food intolerance.
* Understand coelic and lactose intolerance
* Types of vegetarians-lacto-ova and vegan. What are the differences?
* Why is it more difficult for vegetarians to get all the essential amino acids (from proteins) in their diet. What are complementing proteins, complete proteins?
* Understand the environmental considerations in the food choices we make and why this is important. Define food miles, organic farming, seasonal food, locavore? Explain each of these and the importance of each towards caring for the environment.