**Year 10 FPN Summer Assessment**

**Revision Topic List:**

Fats

Cooking methods

Carbohydrates

Protein

Dietary fibre

Hydration

Functions of minerals (iron, calcium, folic acid)

Functions of vitamins (A, C, D, E)

Special diets (coeliac, lactose intolerant)

Lifestyle diets (different types of vegetarians)

Energy balance

Milks (nutrition, processing, varieties)

Fruit and vegetables (preparation and nutritional benefits)

Categories of fruit and vegetables

Heat transference (conduction, convection, radiation)