

**Brockington College**  
Food Preparation and Nutrition  
Personal Learning Checklist



<b><u>Topic</u></b>	<b><u>RAG Rate</u></b>	<b><u>Further Support Needed?</u></b>
<b>Paper 1</b>		
Food Preparation		
Macro and Micro Nutrients		
Health Issues associated with food		
Heat Transfer		
Functions of ingredients		
Food Spoilage and Contamination		
Food Hygiene		
Effects on food choice		
Special Diets		
Eat well Guide		
Food Labelling		
Environmental issues		
Sustainability		
Production methods		