# http://www.golf-brain.com/sc_uploads/images/brain_reading_book_1260458693.pngHFA4U Exam Review

**Food Practices & Preparation**

* Review techniques, ingredients, and steps/procedures.
* Recipe formats and components
* Review cooking utensils and clarify what the functions of each are
* Be able to explain to a new person to the kitchen safety and sanitation practices (know specifics – study your notes)
* Food Borne Illness – know general symptoms and ways they are contracted
* Food Safety – (cook, chill, clean, separate) – cross contamination, info on bacteria etc.

**The Nutrients**

* STUDY THEM – you have detailed notes (look at all the powerpoints and notes that you took)
* Review your Nutrient Test
* Six essential nutrients – know what they are and what they do (there is a lot on this) Carbs, Fats, Proteins, Vitamins, Minerals, Water (there will be lots of information on this!!!!!)
* Vitamins and minerals (chart) – know main food sources and functions
* The Digestive system – know all the parts, their functions and the order in which they occur
* Review Canada’s Food Guide (food groups, ages, serving sizes – teens, portion sizes, guidelines for healthy eating)
* Nutrition recommendations for Canadians – review these
* Factors that affect the rate of metabolism (sex, age, exercise etc.)
* Diseases that are brought on by nutrient deficiencies and toxicities – you will have to be able to discuss a few of these and connect them back to the nutrients themselves, food sources and lifecycle stages

**The Life Cycle**

* Life Cycle (know general needs of the different stages) – use your notes from people’s presentations

**PART E: Issues in Food & Nutrition (20 marks)**

* Functional/Superfoods – be able to pick out which ones we covered. Know a couple in good detail – understand free radicals and antioxidants as well as the colour chart
* Diets and eating disorders – understand the dieting cycle, dangers of diets and the different eating disorders we covered
* Organic foods – know terms and be able to answer true and false aspects of organics and formulate an opinion on it
* Food Security – know the definition and the 5 elements of food security as well as hunger facts
* Food Inc. – review the questions from the movie

**TOTAL: /135 marks**

* Format:

 Multiple Choice 50 Marks

True/False 30 Marks

Short Answer 25 Marks

Picture Responses 30 Marks

**STUDY HARD!** This is worth *20% of your final mark*. Make new notes from your class notes. Study with a partner or group AND on your own. **GOOD LUCK!**