

**Personal Learning Checklist**

**Student Name:**

**AQA GCSE Food Preparation and Nutrition**

| TOPIC   | COVERED Y/N | HOW SECURE IS YOUR KNOWLEDGE |   |   |
|---|-------------|------------------------------|---|---|
|   |             | R                            | A | G |
| <a href="#">3.1 Food preparation skills</a>                 |             |                              |   |   |
| <a href="#">3.2 Food, nutrition and health</a>              |             |                              |   |   |
| <a href="#">3.3 Food science</a>                            |             |                              |   |   |
| <a href="#">3.4 Food safety</a>                             |             |                              |   |   |
| <a href="#">3.5 Food choice</a>                             |             |                              |   |   |
| <a href="#">3.6 Food provenance</a>                         |             |                              |   |   |
| <a href="#">3.7 Food preparation and cooking techniques</a> |             |                              |   |   |