

1. Command Words

1	Define	State or describe exactly the nature, scope, or meaning of something / establish the character of something; mark out the boundary or limits of something
2	Summarise	Give a brief statement of the main points of something.
3	Suggest	Used with another command word, e.g. Suggest an explanation. Suggest tells you that you need to apply your knowledge to a new situation, and in this case to give a possible explanation
4	Which	Asking for information specifying one or more people or things from a definite set.
5	Why	Giving a reason or explanation to support the answer of the question.
6	Interpret	Ascribe meaning.
7	Evaluate	Look at the information in the question and bring it together to make a decision and come to a conclusion with evidence from the question. You may be asked to give a personal response.

Food choices

1	Personal preference – people may choose what they like due to texture, taste or smell
2	Religion – different Religion or cultures may not be able to consume certain products such as; Muslims only will eat halal and don't consume alcohol
3	Cost – depending on income of the family they may not be able to buy more expensive foods

Food production

1	Primary production – taking raw foods to make them into more edible products this would include things such as wheat crops and milling it into flour
2	Secondary production – where food products that have already gone through processing will go through a secondary process. This for example would be processing flour into breads or cakes.

Key Words

1	Nutrient	Nutrients are compounds in foods essential to life and health, providing us with energy, the building blocks for repair and growth.
2	Diet	The kinds of food that a person, animal, or community habitually eats
3	Micro	Nutrients needed in smaller amounts
4	Macro	Nutrients needed in larger amounts
5	Analysis	Detailed examination of the elements or structure of something.
6	Food production	The process of taking raw food items to create edible food products
7	Advertising	The activity or profession of producing advertisements for commercial products or services.
8	Food choice	Every person makes 200 food choices subconsciously per day, this can be effected by multiple factors

Nutrients

1	Protein	A macro nutrient that helps the growth, maintenance and repair of cells in the body
2	Carbohydrates	A macro nutrient that provides us with energy
3	Fats	A macro nutrient that helps with insulation and protection of vital organs
4	Vitamins	A micro nutrient, includes vitamin A,B,C,D,E,&K, they all support our bodily functions
5	Minerals	A micro nutrient, includes minerals such as; iron and calcium, they all support different bodily functions

Nutrients

1	Required by law	Name of food, list of ingredients, allergen information, weight, storage, dates, name and address of manufacturer, country of origin, preparation instructions, nutritional declaration
2	Not required by law	Loose sold foods do not require labels, barcodes,