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## **AQA GCSE Food Technology Exam Questions with Verified Answers**

Sources of protein - ANSWER-meat, fish, cheese, eggs, nuts, seeds, beans

Proteins are made of - ANSWER-amino acids

We need to eat which amino acids - ANSWER-essential amino acids (EAA's)

Why do we need protein - ANSWER-growth, repair, maintenance

What are high biological value proteins? - ANSWER-contain all essential amino acids / EAA's

What are low biological value proteins? - ANSWER-only contain some EAA's / essential amino acids

What is protein complementation? - ANSWER-Where LBV proteins are combined

Example of protein complementation - ANSWER-Beans on toast, hummus and pitta

Amount of protein for males - ANSWER-55g

Amount of protein for females - ANSWER-45g

Extra amount of protein if pregnant - ANSWER-6g

Excess protein - ANSWER-strains liver and kidneys

deficiency of protein - ANSWER-slow growth, bad nails, oedema, bad immune system, kwashiorkor

examples of alternative proteins - ANSWER-soya, mycoprotein, tofu, TVP

Why are fats needed? - ANSWER-energy, insulation, protect organs, absorb vitamins, make cholesterol

structure of saturated fats - ANSWER-single C-C bond

Structure of unsaturated fats - ANSWER-double C=C bond

What are fats made of? - ANSWER-3 fatty acids and glycerol

Which fats are bad for your health? - ANSWER-saturated fats

# Gcse Food Technology Past Papers Aqa

**Karin Nielsen-Saines**



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## **Table of Contents Gcse Food Technology Past Papers Aqa**

1. Understanding the eBook Gcse Food Technology Past Papers Aqa
  - The Rise of Digital Reading Gcse Food Technology Past Papers Aqa
  - Advantages of eBooks Over Traditional Books
2. Identifying Gcse Food Technology Past Papers Aqa
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Gcse Food Technology Past Papers Aqa
  - User-Friendly Interface
4. Exploring eBook Recommendations from Gcse Food Technology Past Papers Aqa
  - Personalized Recommendations

- Gcse Food Technology Past Papers Aqa User Reviews and Ratings
- Gcse Food Technology Past Papers Aqa and Bestseller Lists
- 5. Accessing Gcse Food Technology Past Papers Aqa Free and Paid eBooks
  - Gcse Food Technology Past Papers Aqa Public Domain eBooks
  - Gcse Food Technology Past Papers Aqa eBook Subscription Services
  - Gcse Food Technology Past Papers Aqa Budget-Friendly Options
- 6. Navigating Gcse Food Technology Past Papers Aqa eBook Formats
  - ePub, PDF, MOBI, and More
  - Gcse Food Technology Past Papers Aqa Compatibility with Devices
  - Gcse Food Technology Past Papers Aqa Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Gcse Food Technology Past Papers Aqa
  - Highlighting and Note-Taking Gcse Food Technology Past Papers Aqa
  - Interactive Elements Gcse Food Technology Past Papers Aqa
- 8. Staying Engaged with Gcse Food Technology Past Papers Aqa
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Gcse Food Technology Past Papers Aqa
- 9. Balancing eBooks and Physical Books Gcse Food Technology Past Papers Aqa
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Gcse Food Technology Past Papers Aqa
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Gcse Food Technology Past Papers Aqa
  - Setting Reading Goals Gcse Food Technology Past Papers Aqa
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Gcse Food Technology Past Papers Aqa
  - Fact-Checking eBook Content of Gcse Food Technology Past Papers Aqa

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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