
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

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Reviewing **Gcse Food Technology Past Papers Aqa**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Gcse Food Technology Past Papers Aqa**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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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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