

GCSE Food Preparation and Nutrition



Personal Learning Checklist
Successful - Creative - Happy

AQA Food Preparation and Nutrition

Date of Exam: Monday 20th June PM

What is a PLC?

A PLC is a Personal Learning Checklist. It covers the **knowledge** that you should have gained during this topic. It can be used to measure your **confidence** with these topics, so you and your teachers know where to develop your knowledge further, so you are **successful**.

How do I complete my PLC?

Start by looking at your list of topics and ask yourself: **How confident and secure am I with this topic and my knowledge and understanding of it?**

Red	I am not confident or secure on this topic. I will need to study and learn more on this to improve my confidence with this.
Amber	I have some knowledge with this topic however further study will develop that knowledge further.
Green	I am confident in my knowledge and understanding of this topic. I feel confidently I can respond to assessment questions in this area and demonstrate my understanding.

Topics		Red	Amber	Green
Food Nutrition and Health- Making informed choices				
	Understand what the current guidelines are for a healthy diet			
	Able to apply these guidelines to a given menu and make adaptations			
	Understand why portion size and costing is important when meal planning			
	Understand how peoples nutritional needs change (Age, Lifestyle)			
	Able to plan a balanced diet for the different life stages			
	Able to plan a balanced meal for specific dietary groups			
	Understand how to maintain a healthy body weight throughout life			
	Model Answers: What are the current guidelines for healthy eating? How can these be used when meal planning? Would costing have an implication on planning a healthy diet? Plan a balanced diet for someone that is coeliac			

GCSE Food Preparation and Nutrition



Personal Learning Checklist

Successful - Creative - Happy

Food Science				
	To identify the different types of carbohydrate (Monosaccharide, disaccharide and polysaccharide)			
	To be able to provide definitions for the following key terms: <ul style="list-style-type: none"> - Gelatinisation - Dextrinisation - Caramelisation 			
	Model Answers:			
Food Safety				
	To identify food safety principles when buying and storing food <ul style="list-style-type: none"> - Key temperatures - Use by/best before - Fridge storage 			
	To identify food safety principles when preparing, cooking and serving food <ul style="list-style-type: none"> -Cross contamination -Key temperatures (temperature probe) - The danger zone 			
	Model Answers:			
Food Choice				
	To identify and understand some of the factors that may influence food choice <ul style="list-style-type: none"> - Cost - Dietary requirements - Religion - Moral - 			
	Be able to plan a meal based on these factors			
	Model Answers:			
Food Provenance				
	Identify some of the environmental issues associated with food production			
	Define primary and secondary stages of processing and production Identify food examples			
	Explain how processing affects the sensory and nutritional properties of ingredients.			
	Model Answers:			

GCSE Food Preparation and Nutrition



Personal Learning Checklist

Successful - Creative - Happy

Where can I access information to develop my knowledge and understanding?

Look back over your PLC checklist and think about the areas in Red or Amber. **What are your areas of development?** You can now use the PLC list and the resources below to study these areas again and gain more confidence.

Books	Websites/Links
Revision guide: GCSE AQA Food Preparation and Nutrition (collins guide) Online revision guide:	Microsoft Teams – all your lessons from this topic have been loaded into Microsoft Teams so you can go back and look at these topics again and review your understanding.
	GCSE Pod – there is lots of useful information on GCSE pod with Pods that cover several topics we have covered in this topic.
	SENECA – Use your class code to complete revision and preparation on SENECA and test your knowledge with practice questions. Mrs Hassan Class: Miss Mabbot Class: SENECA CLASS CODE: Mrs Whittaker Class:
	Additional resources: Revision Website: BBC Bite size – use Bite size to search for suitable topics that are covered on your revision lists. CHS Solutions – the school website has a list of CHS Solutions which will support you in further developing your knowledge. The topics on this list all have a specific link to a resource that will further support you. YouTube: