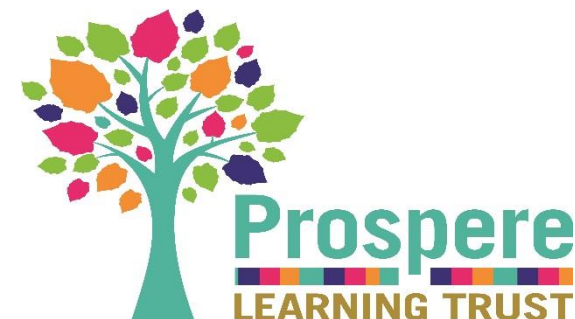


Food and Nutrition (GCSE)



The areas of development are:	Solutions
<u>Food and Nutrition</u>	
<ul style="list-style-type: none"> Selecting and using a variety of equipment when manufacturing dishes (Skills 1, 4 and 6) 	<ul style="list-style-type: none"> Build on this at home by using different equipment as well as in follow-on practical lessons to familiarise yourself with different equipment and their uses. Familiarise yourself with these skills using online tutorials
<ul style="list-style-type: none"> Carrying out a number of knife skills when preparing fruits, vegetables, meats and fish (Skills 2 and 3) 	<ul style="list-style-type: none"> Practise knife techniques at home and in practical lessons to prepare for final NEA task Research different skills online using the BBC Good food guide Watch the video How to prepare a fish - BBC GoodFood.com Read the Hodder Food Preparation and Nutrition textbook, page 16/17 for tips on filleting a chicken Read the Hodder Food Preparation and Nutrition textbook, page 15 for tips on vegetable cuts
<ul style="list-style-type: none"> Understanding the various methods of cooking food (Skill 6) 	<ul style="list-style-type: none"> Read the Hodder Food Preparation and Nutrition textbook, pages 48 - 55: Skill 6 - Cooking Methods Read the CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 24 - 27 Research cooking methods, watching tutorials and gaining further information online. Such as BBC good food
<ul style="list-style-type: none"> Applying the skills of combining and shaping ingredients when manufacturing dishes (Skill 7) 	<ul style="list-style-type: none"> Practise various combining and shaping techniques at home, ask you teacher for recommendations of recipes.

<ul style="list-style-type: none"> Understanding the various techniques that can be used to make a sauce (Skill 8) 	<ul style="list-style-type: none"> Hodder Food Preparation and Nutrition textbook, page 64 - 71 CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 73 AQA GCSE Food Preparation and Nutrition by Anita Tull, page 222 - 226
<ul style="list-style-type: none"> Understanding the processes of tenderising and marinating (Skill 9) 	<ul style="list-style-type: none"> Hodder Food Preparation and Nutrition textbook, page 72 - 75 CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 73
<ul style="list-style-type: none"> Using technical skills to make, shape and finish dough based products (Skill 10) 	<ul style="list-style-type: none"> Practise making various doughs in practical lessons (including bread, pasta and pastry). This can also be developed at home to prepare for final practical NEA task
<ul style="list-style-type: none"> Understanding the ingredients and processes used as raising agents (Skill 11) 	<ul style="list-style-type: none"> Hodder Food Preparation and Nutrition textbook, page 88 - 94 CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 32 AQA GCSE Food Preparation and Nutrition by Anita Tull, page 175 - 179
<ul style="list-style-type: none"> Understanding the processes used to set ingredients (Skill 12) 	<ul style="list-style-type: none"> Hodder Food Preparation and Nutrition textbook, page 96 - 97 CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 75
<ul style="list-style-type: none"> Understanding the function sources and effects of the macronutrients protein, fats and carbohydrates 	<ul style="list-style-type: none"> Hodder Food Preparation and Nutrition textbook, Section 2: Food, Nutrition and Health, page 100 - 117 CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 1 - 6 Use practice exam questions on the topic to prepare for the external exam (specimen materials are available on the AQA website or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher) GCSEPod Access and revise SENECA resources (your class teacher should have already provided you with a class code for this)

	<ul style="list-style-type: none"> • Watch the video on Macronutrients on BBC Bitesize, read the information and complete the quiz at the end. • NHS website: Eat well
<ul style="list-style-type: none"> • Understanding the functions, sources and effects of the micronutrients; vitamins, minerals and water 	<ul style="list-style-type: none"> • Hodder Food Preparation and Nutrition textbook, Topic 2.2 Micronutrients, page 118 - 144 • CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 7 - 10 • Use practice exam questions on the topic to prepare for the external exam (specimen materials are available on the AQA website or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher) • Use online revision guides such as BBC Bitesize where you can read the information, watch a video on it and then test yourselves • Access and revise SENECA resources (your class teacher should have already provided you with a class code for this)
<ul style="list-style-type: none"> • Appreciating the current guidelines for a healthy diet and applying knowledge to create balanced meals for specific groups of people 	<ul style="list-style-type: none"> • CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 11 - 13 • Examining Food and Nutrition for GCSE by Jenny Ridgewell, page 48 - 77 • Hodder Food Preparation and Nutrition textbook, page 145 - 165 • Use practice exam questions on the topic to prepare for the external exam (specimen materials are available on the AQA website or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher) • Access and revise SENECA resources (your class teacher should have already provided you with a class code for this) • NHS website: Eat well • NHS website: Food labels
<ul style="list-style-type: none"> • Understanding how diet can affect health and recognising the major diet related health risks 	<ul style="list-style-type: none"> • Hodder Food Preparation and Nutrition textbook, page 176 - 188

	<ul style="list-style-type: none"> • CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 14 - 15 • Use practice exam questions on the topic to prepare for the external exam (specimen materials are available on the AQA website or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher) • Explore The British Nutrition Foundation website • Access and revise SENECA resources (your class teacher should have already provided you with a class code for this) • NHS website: Food labels
<ul style="list-style-type: none"> • Appreciating why food is cooked and selecting appropriate cooking methods 	<ul style="list-style-type: none"> • Hodder Food Preparation and Nutrition textbook, page 192 - 205 • AQA GCSE Food Preparation and Nutrition by Anita Tull, page 124 - 127 • Use practice exam questions on the topic to prepare for the external exam (specimen materials are available on the AQA website or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher) • Access and revise SENECA resources (your class teacher should have already provided you with a class code for this)
<ul style="list-style-type: none"> • Understanding the functional and chemical properties of food and the scientific principles that alter the working characteristics during the manufacture of dishes 	<ul style="list-style-type: none"> • CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 28 - 32 • Use practice exam questions on the topic to prepare for the external exam (specimen materials are available on the AQA website or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher) • Access and revise SENECA resources (your class teacher should have already provided you with a class code for this)

<ul style="list-style-type: none"> Identifying the conditions required for micro-organism to cause food spoilage especially in high risk foods and to explain how they can be controlled 	<ul style="list-style-type: none"> CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 34 - 35 Use practice exam questions on the topic to prepare for the external exam (specimen materials are available on the AQA website or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher) Hodder Food Preparation and Nutrition textbook, Section 4 Topic 4.1
<ul style="list-style-type: none"> Identifying the bacteria that causes food poisoning and explaining how to prevent their spread 	<ul style="list-style-type: none"> CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 39 Hodder Food Preparation and Nutrition textbook, Section 4 Topic 4.1 Use practice exam questions on the topic to prepare for the external exam (specimen materials are available on the AQA website or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher) Access and revise SENECA resources (your class teacher should have already provided you with a class code for this) Food a fact of life website: Hygiene and safety
<ul style="list-style-type: none"> Explaining the food safety principles to be observed when buying, storing, cooking and serving food 	<ul style="list-style-type: none"> CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 36 - 38 Hodder Food Preparation and Nutrition textbook, Section 4 Topic 4.2 Use practice exam questions on the topic to prepare for the external exam (specimen materials are available on the AQA website or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher) Food a fact of life website: Hygiene and safety NHS website: How to prepare and cook food safely

<ul style="list-style-type: none"> Recognising and understanding the variety of food labelling systems and the impact of marketing on food choice 	<ul style="list-style-type: none"> CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 46 - 47 Hodder Food Preparation and Nutrition textbook, Section 5 Topic 5.4 Use practice exam questions on the topic to prepare for the external exam (specimen materials are available on the AQA website or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher) Explore the Foods Standards Agency website
<ul style="list-style-type: none"> Exploring the factors that influence food choice; including nutritional analysis, different cuisines and sensory evaluation 	<ul style="list-style-type: none"> CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 42 - 53 Hodder Food Preparation and Nutrition textbook, Section 5 Topic 5.1, 5.2, 5.3 Use practice exam questions on the topic to prepare for the external exam (specimen materials are available on the AQA website or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher) Access and revise SENECA resources (your class teacher should have already provided you with a class code for this)
<ul style="list-style-type: none"> Appreciating where, and how, ingredients are grown or reared and describing what environmental issues are associated with food production 	<ul style="list-style-type: none"> CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 55 - 67 Hodder Food Preparation and Nutrition textbook, Section 6 Use practice exam questions on the topic to prepare for the external exam (specimen materials are available on the AQA website or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher) Access and revise SENECA resources (your class teacher should have already provided you with a class code for this)

	<ul style="list-style-type: none"> • Watch online videos which help to explain the impact food has on the environment. Such as Newsround: How does food impact the environment • Research food security, visiting charity websites such as Oxfam in order to gain a further understanding of environmental issues associated with food production.
<ul style="list-style-type: none"> • Applying knowledge to exam questions with explanation and justification 	<ul style="list-style-type: none"> • Practising past exam papers (specimen materials are available on the AQA website)
<ul style="list-style-type: none"> • Being able to discriminate when selecting and acquiring relevant research 	<ul style="list-style-type: none"> • Reviewing sample NEA folders uploaded to teams as well as responding to feedback
<ul style="list-style-type: none"> • Developing decision making skills, including the planning of time and resources when completing NEA 	<ul style="list-style-type: none"> • Checking teams for deadlines and uploading materials
<ul style="list-style-type: none"> • Appreciating different cuisines, dietary needs, culinary techniques and ingredients and applying knowledge when considering dish selection 	<ul style="list-style-type: none"> • Develop understanding using cookbooks, relevant websites as well as multimedia such as documentaries

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