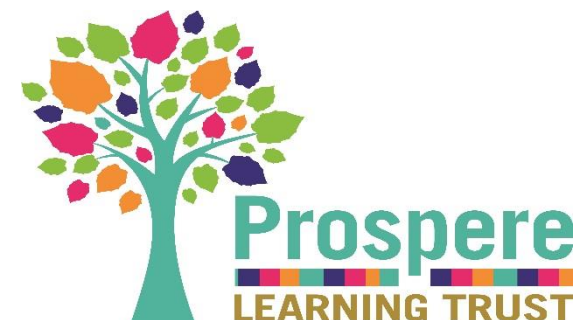


Food and Nutrition



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"> Develop skills at home by using a variety of equipment and follow on practical lessons to become familiar 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"> Practice knife techniques at home and in practical lessons to prepare for final NEA task Food Preparation and Nutrition textbook (Hodder): Filleting a Chicken – pages 16-17 Food Preparation and Nutrition textbook: Vegetable cuts – page 15 Research different skills online using the BBC Good Food guide Watch the video How to prepare a fish - BBC Good Food website
<ul style="list-style-type: none"> Understanding the various methods of cooking food (Skill 6) 	<ul style="list-style-type: none"> Food Preparation and Nutrition textbook (Hodder): Cooking Methods – pages 48-55 GCSE Food Preparation and Nutrition Revision Guide (CGP AQA): pages 24-27 Research cooking methods, watching tutorials and gaining further information online. Such as BBC Good Food website
<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 Develop these skills through practice at home to prepare for final NEA task

<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"> Practice making various doughs, including bread, pasta and pastry, at home, ask you teacher for recommendations of recipes
<ul style="list-style-type: none"> Understanding the ingredients and processes used as raising agents (Skill 11) 	<ul style="list-style-type: none"> Food and Nutrition textbook (Anita Tull): pages 175-179 Food Preparation and Nutrition textbook (Hodder): pages 88-94 Food Preparation and Nutrition Revision Guide (CGP AQA): page 32
<ul style="list-style-type: none"> Understanding the processes used to set ingredients (Skill 12) 	<ul style="list-style-type: none"> Food Preparation and Nutrition textbook (Hodder): pages 96-97 Food Preparation and Nutrition Revision Guide (CGP AQA): 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"> Food Preparation and Nutrition textbook (Hodder): Section 2, Food, Nutrition and Health – pages 100-117 Food Preparation and Nutrition Revision Guide (CGP AQA): pages 1-6 Watch the video on Macronutrients on BBC Bitesize, read the information and complete the quiz at the end. 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"> Food Preparation and Nutrition Revision Guide (CGP AQA): pages 11-13 Examining Food and Nutrition (Jenny Ridgewell): pages 48-77 Food preparation and Nutrition (Hodder): pages 145-165 NHS Eat Well Website
<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"> Food Preparation and Nutrition Revision Guide (CGP AQA): pages 34-35 Use practice exam questions on the topic to prepare for the external exam (available on the AQA, within the CPG revision guide or ask your teacher for a copy) Food Preparation and Nutrition textbook (Hodder): Section 4, Topic 4.1 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 bacteria that causes food poisoning and explaining how to prevent their spread 	<ul style="list-style-type: none"> Food Preparation and Nutrition Revision Guide (CGP AQA): page 39

	<ul style="list-style-type: none"> • Use practice exam questions on the topic to prepare for the external exam (available on the AQA, within the CPG revision guide or ask your teacher for a copy) • Food Preparation and Nutrition textbook (Hodder): Section 4, Topic 4.1 • 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"> • Explaining the food safety principles to be observed when buying, storing, cooking and serving food 	<ul style="list-style-type: none"> • Food Preparation and Nutrition Revision Guide (CGP AQA): pages 36-38 • Use practice exam questions on the topic to prepare for the external exam (available on the AQA, within the CPG revision guide or ask your teacher for a copy) • Food Preparation and Nutrition textbook (Hodder): Section 4, Topic 4.2 • Access and revise SENECA resources (your class teacher should have already provided you with a class code for this) • Complete a Food Hygiene Certification Level 1/2 online

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