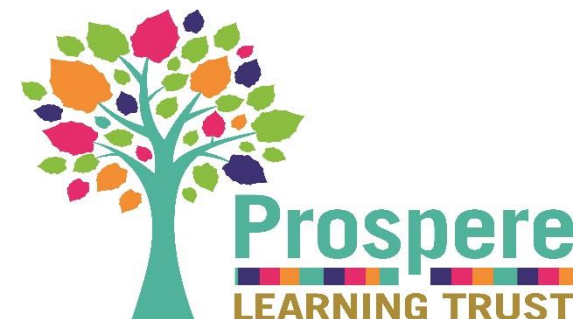


Food and Nutrition (GCSE)



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
<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 Watch the video: How to fillet a Mackerel! Food Preparation and Nutrition textbook (Hodder): Filleting a Chicken – pages 16-17 Food Preparation and Nutrition textbook: Vegetable cuts – page 15
<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 Skill 6 – pages 48-55 GCSE Food Preparation and Nutrition Revision Guide (CGP AQA): pages 24-27
<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"> Practice various combining and shaping techniques during practical lessons Develop these skills through practice at home to prepare for final NEA task
<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"> Food Preparation and Nutrition textbook (Hodder) – pages 64-71 GCSE Food Preparation and Nutrition Revision Guide (CGP AQA): page 73

	<ul style="list-style-type: none"> • AQA GCSE Food Preparation and Nutrition (Anita Tull) - pages 222-226
<ul style="list-style-type: none"> • Understanding the processes of tenderising and marinating (Skill 9) 	<ul style="list-style-type: none"> • Food Preparation and Nutrition textbook (Hodder) – pages 72-75 • GCSE Food Preparation and Nutrition Revision Guide (CGP AQA) – 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"> • Practice making various doughs, including bread, pasta and pastry, in practical lessons and 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"> • 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 • Use practice exam questions on the topic to prepare for the external exam - specimen materials are available on AQA or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher) • GCSEPod
<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"> • Food Preparation and Nutrition textbook (Hodder), Topic 2.2 Micronutrients, pages 118-144 • GCSE Food Preparation and Nutrition Revision Guide (CGP AQA), pages 7-10 • Use practice exam questions on the topic to prepare for the external exam (specimen materials are available on AQA or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher)
<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

	<ul style="list-style-type: none"> • Examining Food and Nutrition (Jenny Ridgewell): pages 48-77 • Food preparation and Nutrition (Hodder): pages 145-165 • Use practice exam questions on the topic to prepare for the external exam (specimen materials are available on AQA or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher)
<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"> • Food Preparation and Nutrition textbook (Hodder) – pages 176-188 • GCSE Food Preparation and Nutrition Revision Guide (CGP AQA) pages 14-15 • Use practice exam questions on the topic to prepare for the external exam (specimen materials are available on AQA 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
<ul style="list-style-type: none"> • Appreciating why food is cooked and selecting appropriate cooking methods 	<ul style="list-style-type: none"> • Food Preparation and Nutrition textbook (Hodder) – pages 192-205 • Food Preparation and Nutrition (Anita Tull) – pages 124-127 • Use practice exam questions on the topic to prepare for the external exam (specimen materials are available on AQA or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher)
<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 – pages 28-31 use practice exam questions on the topic to prepare for the external exam • (specimen materials are available on AQA or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher)
<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 (specimen materials are available on AQA or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher)

	<ul style="list-style-type: none"> • Food Preparation and Nutrition textbook (Hodder): 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"> • Food Preparation and Nutrition Revision Guide (CGP AQA): page 39 • Use practice exam questions on the topic to prepare for the external exam (specimen materials are available on AQA or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher) • Food Preparation and Nutrition textbook (Hodder): Section 4, Topic 4.1
<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 (specimen materials are available on AQA or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher) • Food Preparation and Nutrition textbook (Hodder): Section 4, Topic 4.2
<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"> • Food Preparation and Nutrition Revision Guide (CGP AQA) pages 46-47 • Food Preparation and Nutrition textbook (Hodder) Section 5 Topic 5.4 • Use practice exam questions on the topic to prepare for the external exam (specimen materials are available on AQA 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 Food Standards Agency
<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"> • Food Preparation and Nutrition Revision Guide (CGP AQA) pages 42-53 • Food Preparation and Nutrition textbook (Hodder) 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 AQA or ask

	<p>your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher)</p>
<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"> • Food Preparation and Nutrition Revision Guide (CGP AQA) – page 55-67 • Food preparation and Nutrition textbook (Hodder) Section 6 • Use practice exam questions on the topic to prepare for the external exam (specimen materials are available on AQA or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher)

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