



Food & Nutrition

The areas of development are:	Solutions
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<ul style="list-style-type: none"> understanding how religion and culture impact food choice. 	<ul style="list-style-type: none"> Use of resources on TEAMS BBC Bitesize – Religion and Culture
<ul style="list-style-type: none"> considering and explain how cost and celebration impact food choice. 	<ul style="list-style-type: none"> Use of resources on TEAMS Bitesize - Personal, social and economic factors that affect food choice
<ul style="list-style-type: none"> understanding different dietary requirements and needs. 	<ul style="list-style-type: none"> Use of resources on TEAMS BBC Bitesize - Health issues that affect food choice
<ul style="list-style-type: none"> explaining how allergens and intolerances effect food choices. 	<ul style="list-style-type: none"> Use of resources on TEAMS BBC Bitesize - Health issues that affect food choice
<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, including bread, pasta and pastry, in practical lessons and at home to prepare for final practical NEA task
<ul style="list-style-type: none"> showing an understanding of the impact of seasonality on food choice. 	<ul style="list-style-type: none"> Use of resources on TEAMS BBC Bitesize - Ethical and environmental factors that affect food choice
<ul style="list-style-type: none"> showing an understanding of vegetarianism and its impact on food choice. 	<ul style="list-style-type: none"> Use of resources on TEAMS BBC Bitesize - Vegetarians and vegans
<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, page 100-117 Food Preparation and Nutrition Revision Guide (CGP AQA): pages 1-6
<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
<ul style="list-style-type: none"> • identifying the conditions required for micro-organisms 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 website, within the CPG Revision Guide or ask your teacher for a copy) • Food Preparation and Nutrition textbook (Hodder): Section 4, Topic 4.1
<ul style="list-style-type: none"> • identifying the bacteria that cause food poisoning and explaining how to prevent their spread 	<ul style="list-style-type: none"> • Food Preparation and Nutrition Revision Guide (CGP AQA): pages 39 • use practice exam questions on the topic to prepare for the external exam (available on the AQA website, within the CPG Revision Guide or ask your teacher for a copy) • 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 (available on the AQA website, within the CPG Revision Guide or ask your teacher for a copy) • Food Preparation and Nutrition textbook (Hodder): Section 4, Topic 4.2

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