

Food and Nutrition



NEA 2: Planning for the final menu.
Develop a plan of your final 3 dishes

NEA 2: Making
undertake a 3hr practical exam to make and present your 3 final dishes

NEA 2 Analyse and evaluate. Work out the costs, improvements and nutritional profile of your different dishes

Core content:
Revise and practice exam papers in preparation for your final exam in Food.

NEA 2 Demonstrate Technical Skills
Use a wide range of different skills and techniques to make different dishes



NEA 2 Investigate/Plan
Plan, Prepare and research the context

NEA1 Evaluate:
analyse the results

NEA 1: carry out the investigation

NEA1 Investigate/Plan
Plan and Prepare the investigation



Practical skills: General practical skills, Knife skills, Preparing fruit and vegetables, Use of the cooker, Use of equipment, Cooking methods, Prepare, combine and shape, Sauce making, Dough, Raising agents

Knowledge food choices, food labelling, British and international influences

Practical skills: General practical skills, Knife skills, Preparing fruit and vegetables, Use of the cooker, Use of equipment, Cooking methods, Prepare, combine and shape, Sauce making, Dough, Raising agents

Knowledge food sources, sustainability issues, food production, technological advances in food production



Knowledge: the principles of food safety

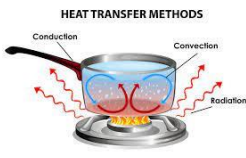
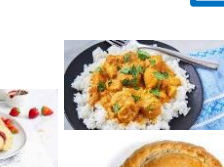


Knowledge: the use of microorganisms in food production

Knowledge: the signs of food spoilage and bacterial contamination

Knowledge: food spoilage: microorganisms and enzymes

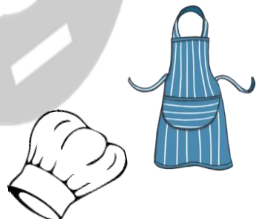
Practical skills: General practical skills, Knife skills, Preparing fruit and vegetables, Use of the cooker, Use of equipment, Cooking methods, Prepare, combine and shape, Sauce making, Dough, Raising agents, Setting mixtures



Practical Skills: General practical skills, Knife skills, Skills, Preparing fruit and vegetables, Use of the cooker, Use of equipment, Cooking methods, Prepare, combine and shape, Tenderise and marinate, Raising agents, Setting mixtures

Knowledge: why is food cooked and how is heat transferred?

Knowledge: what are the functional and chemical properties of food



Knowledge: different energy needs and Nutritional analysis

Knowledge: Informed choices of a balanced diet: Eatwell, different age ranges and dietary requirements

Knowledge: Functions of ingredients, main sources of ingredients and deficiencies and excesses

Your Y10 Food Preparation and Nutrition Journey starts here