

Food and Nutrition

Year 10 & 11



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

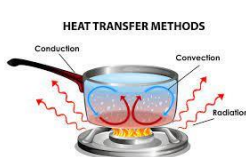


Knowledge: the use of microorganisms in food production

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