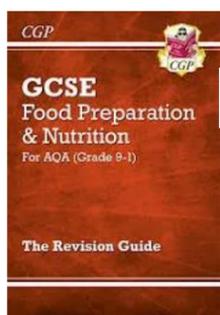
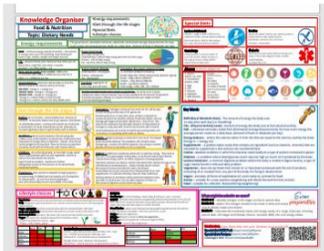


Food is an *important* part of a balanced diet.

FRAN LEBOWITZ
LIPSMITHLAW.COM

Food Preparation & Nutrition LEARNING JOURNEY



Analysing nutritional values

Using the information in the table below, evaluate the suitability of the available ingredients for a chicken 'Pasta Carbonara' for your school.		# marks
Ingredient	Energy (kJ)	Protein (g)
Chicken	1000	20
Pasta	1500	10
Butter	3000	10
Eggs	3000	10
Garlic	1000	5
Onions	1000	5
Pepper	1000	5
Tomatoes	1000	5
Cheddar	3000	10
Parmesan	3000	10
Black Pepper	1000	5
Red Pepper	1000	5
Green Pepper	1000	5
White Pepper	1000	5
Red Curry Paste	1000	5
Green Curry Paste	1000	5
White Curry Paste	1000	5
Yellow Curry Paste	1000	5
Orange Curry Paste	1000	5
Blue Curry Paste	1000	5
Pink Curry Paste	1000	5
Brown Curry Paste	1000	5
Black Curry Paste	1000	5
White Curry Paste	1000	5
Yellow Curry Paste	1000	5
Orange Curry Paste	1000	5
Blue Curry Paste	1000	5
Pink Curry Paste	1000	5
Brown Curry Paste	1000	5
Black Curry Paste	1000	5

- REMEMBER!**
1. Read the question through.
 2. What is the command word?
 3. Make notes of what you can answer from this question.
 4. Revisit online/using books while answering this question.

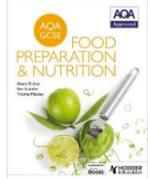
Exam preparation
Answering the longer questions



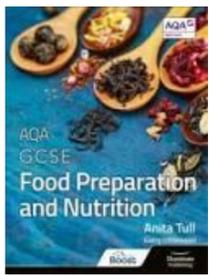
Practical exam- 3 dishes in 3 hours

Revision- Food nutrition and Health. Food Science. Food safety. Food choice. Food Provenance

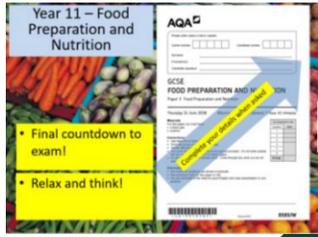
preparation Assessment
NEA 2 Food



GCSE Food Preparation & Nutrition Exam



Revision Materials



Walk through mock

Focused revision booklet



Mock exam preparation

YEAR 11

Food Provenance | NEA 1 Practice | NEA 2 Practice | NEA 1 Food Investigation

Macronutrients
Micronutrients

Protein
Carbohydrates
Fats & Oils
Vitamins & Minerals
Fibre & water

To know what core temperatures are used for food during, storage, preparation & cooking
Identify what the Danger Zone is and Avoid foods being within it.

Food Safety

Adapting recipes

Skills learnt to adapt & present healthy and varied dishes considering source, seasonality, and characteristics of a broad range of ingredients

Understand how the senses work when eating food
How sensory testing is used in the food industry

Seasonal & source of ingredients

Functions of ingredients
Characteristics of ingredients

Principles of nutrition

Food security & sustainability
Technological developments
Traditional cuisine

Food Labelling & Marketing

Food labelling & marketing & the issues surrounding
What enzymic browning is and how to prevent it. How enzymic browning occurs and which foods are affected by enzymic browning

Food Spoilage

Adapting recipes

Skills learnt to adapt & present healthy and varied dishes considering source, seasonality, and characteristics of a broad range of ingredients

Understand how the senses work when eating food
How sensory testing is used in the food industry

Seasonal & source of ingredients

Functions of ingredients
Characteristics of ingredients

Principles of nutrition

Research & investigation practice

Factors affecting Food choice.
Dietary and energy Needs. Food intolerance

What the Eatwell plate is. Importance of a balanced diet
Identify the Food groups

Food & Nutrition

Adapting recipes

Skills learnt to adapt & present healthy and varied dishes considering source, seasonality, and characteristics of a broad range of ingredients

Understand how the senses work when eating food
How sensory testing is used in the food industry

Seasonal & source of ingredients

Functions of ingredients
Characteristics of ingredients

Principles of nutrition

Research & practical practice

The signs of Food spoilage
Micro-organisms in food
Cheese making
Bread making
Buying & storage of food

To understand the function of all in our diet

Macronutrients
Micronutrients

Adapting recipes

Skills learnt to adapt & present healthy and varied dishes considering source, seasonality, and characteristics of a broad range of ingredients

Understand how the senses work when eating food
How sensory testing is used in the food industry

Seasonal & source of ingredients

Functions of ingredients
Characteristics of ingredients

Principles of nutrition

The task involves understanding of the working characteristics, functional and chemical properties of ingredients. This will be done through practical experimentation and investigation

Bacterial Contamination

To understand the function of all in our diet

Water Emulsifiers

Adapting recipes

Skills learnt to adapt & present healthy and varied dishes considering source, seasonality, and characteristics of a broad range of ingredients

Understand how the senses work when eating food
How sensory testing is used in the food industry

Seasonal & source of ingredients

Functions of ingredients
Characteristics of ingredients

Principles of nutrition

Food Safety & Personal Hygiene

To know about food poisoning and the main types of bacteria that cause food poisoning. Identify what, how and where cross contamination can take place.

Food Safety & Personal Hygiene

Food Safety

Adapting recipes

Skills learnt to adapt & present healthy and varied dishes considering source, seasonality, and characteristics of a broad range of ingredients

Understand how the senses work when eating food
How sensory testing is used in the food industry

Seasonal & source of ingredients

Functions of ingredients
Characteristics of ingredients

Principles of nutrition

Tips on how to answer long/high mark que:

1. Read the question through.
 2. What is the command word?
- Some examples of command words are:
Analyse, Comment, Compare, Consider, Define, Describe, Discuss, Evaluate, Explain, Identify, State, Suggest, Summarise etc.

Example question:
Discuss the reasons for the popularity of a particular country or region of world.

A style of cooking and eating that is characteristic of a particular country or region of world

Food Safety & Personal Hygiene

Food Safety

Food Safety

Food Safety

Food Safety

Food Safety

Traditional Cuisine

Food Provenance

Where and how ingredients are Grown, Gathered, Reared & Caught

Food Provenance

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (200g)	
Calories	240
% Daily Values	
Total Fat 4g	8%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 5mg	1%
Sodium 400mg	16%
Total Carbohydrate 45g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	8%
Includes 2g Added Sugars	4%
Protein 11g	22%
Vitamin D 2mg	40%
Calcium 200mg	20%
Iron 6mg	10%
Potassium 240mg	6%

Protein
Carbohydrates
Fats & Oils
Vitamins & Minerals
Fibre & water

Water-Function, Sources, Deficiency & excess. Understand how an emulsifier works

Water-Function, Sources, Deficiency & excess. Understand how an emulsifier works

Research & investigation practice

Research & investigation practice

Gelatinisation process and sauces using this process
Conduction
Convection
radiation

Gelatinisation process and sauces using this process
Conduction
Convection
radiation

Adapting recipes | Combining skills | Sensory analysis | Planning recipes

Food Science

Food Science

Food Science

Food Science

Food Science

Skills learnt to adapt & present healthy and varied dishes considering source, seasonality, and characteristics of a broad range of ingredients

Skills learnt to adapt & present healthy and varied dishes considering source, seasonality, and characteristics of a broad range of ingredients

Skills learnt to adapt & present healthy and varied dishes considering source, seasonality, and characteristics of a broad range of ingredients

Skills learnt to adapt & present healthy and varied dishes considering source, seasonality, and characteristics of a broad range of ingredients

Different techniques & Ingredients
Food & the environment

Preparation & cooking techniques
Time planning

Sustainability Availability

Sustainability Availability

Sustainability Availability

Sustainability Availability

Food labelling & budgeting
Gelatinisation
Fermentation

Seasonal & source of ingredients

Seasonal & source of ingredients

Seasonal & source of ingredients

Preparation & cooking

Preparation & cooking

Preparation & cooking

Adapting recipes

Adapting recipes

Adapting recipes

Food Safety

Food Safety

Food Safety

Nutritional value of ingredients

Nutritional value of ingredients

Nutritional value of ingredients

Bacterial contamination
Personal hygiene and safety

Bacterial contamination
Personal hygiene and safety

Bacterial contamination
Personal hygiene and safety

Protein
Carbohydrate
Fats
Vitamins and minerals

Protein
Carbohydrate
Fats
Vitamins and minerals

Protein
Carbohydrate
Fats
Vitamins and minerals

Principles of nutrition

Year 7 & 8 also do D&T - See D&T Learning Journey