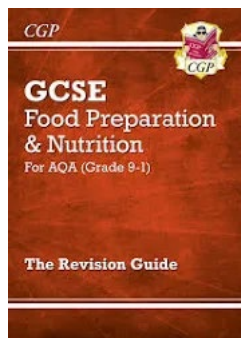
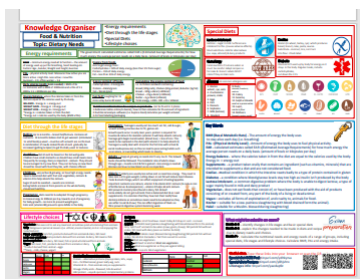


Food is an *important* part of a balanced diet.

Food Preparation & Nutrition LEARNING JOURNEY



Analysing nutritional values

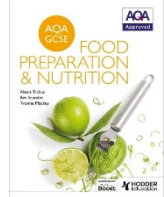
Ingredient	Protein (g)	Carbohydrate (g)	Fat (g)	Fibre (g)	Energy (kJ)
Butter	0.9	0.1	81.1	0.0	3700
Chicken Breast	31.0	0.0	3.6	0.0	1430
Chickpeas	16.0	28.0	1.0	12.0	1010
Onion	1.1	9.4	0.1	1.6	160
Tomato	0.9	3.9	0.2	1.2	80
Yogurt	10.0	4.7	4.3	0.0	390
Wholemeal Flour	10.0	73.0	1.0	10.0	1260
Wholemeal Bread	10.0	45.0	3.0	10.0	1080
Wholemeal Pasta	12.0	25.0	1.0	3.0	540

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

Exam preparation Answering the longer questions



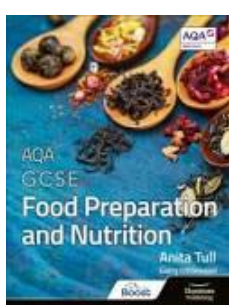
Practical exam- 3 dishes in 3 hours



GCSE Food Preparation & Nutrition Exam

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

NEA 2 Food Preparation Assessment

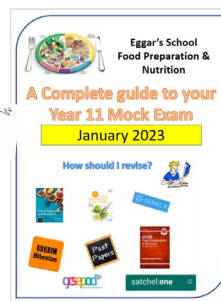


Revision Materials



Walk through mock

Focused revision booklet



Mock exam preparation

YEAR 11

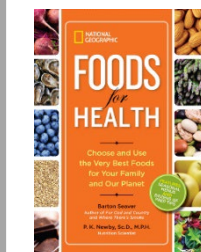
To understand the function of all in our diet

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.

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

Functions of ingredients Characteristics of ingredients



Macronutrients
To understand the function of all in our diet

Micronutrients
Protein Carbohydrates Fats & Oils Vitamins & Minerals Fibre & water

Food Provenance
Food security & sustainability Technological developments Traditional cuisine

NEA 1 Practice
Research & investigation practice Factors affecting Food choice. Dietary and energy Needs. Food intolerance

NEA 2 Practice
Research & practical practice

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

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

Bacterial Contamination
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

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

Food & Nutrition
Different techniques & Ingredients Food & the environment

Macronutrients & Micronutrients
Protein Carbohydrates Fats & Oils Vitamins & Minerals Fibre & water

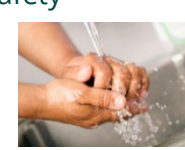
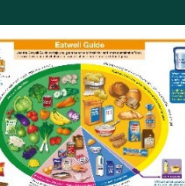
Water Emulsifiers
Water-Function, Sources, Deficiency & excess. Understand how an emulsifier works

NEA 1 Practice
Research & investigation practice

Heat transfer Gelatinisation
Gelatinisation process and sauces using this process Conduction Convection radiation

Nutrition Facts
4 servings per container
Serving size 1 1/2 cup (200g)

Calories	240
% Daily Value	
Total Fat 4g	8%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 5mg	1%
Sodium 40mg	8%
Total Carbohydrate 45g	9%
Dietary Fiber 7g	14%
Total Sugars 4g	8%
Includes 2g Added Sugars	4%
Protein 11g	22%
Vitamin D 2mg	40%
Calcium 200mg	40%
Iron 5mg	10%
Potassium 240mg	5%



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 role of a preservative, especially for children, in a variety of products, and compare the use of this preservative in a range of products. (12 marks)

Answer:
Discuss to write about a topic in a way that provides a balanced argument and gives unbiased reasons both for and against.