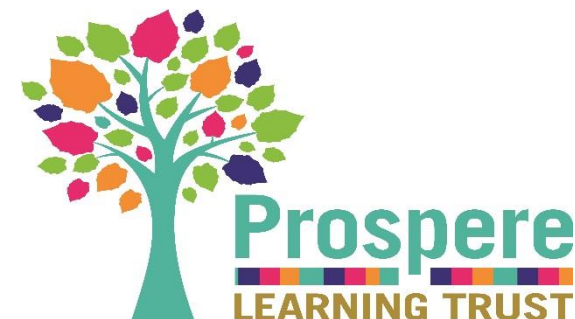


Food and Nutrition (GCSE)



The areas of development are:	Solutions
<u>Food and Nutrition</u>	
<ul style="list-style-type: none"> Selecting and using a variety of equipment when manufacturing dishes (Skills 1, 4 and 6) 	<ul style="list-style-type: none"> Build on this at home by using different equipment as well as in follow on practical lessons to familiarise yourself with different equipment and their uses
<ul style="list-style-type: none"> Carrying out a number of knife skills when preparing fruits, vegetables, meats and fish (Skills 2 and 3) 	<ul style="list-style-type: none"> Practice knife techniques at home and in practical lessons to prepare for final NEA task Watch the video: How to fillet a Mackerel! Food Preparation and Nutrition textbook (Hodder): Filleting a Chicken – pages 16-17 Food Preparation and Nutrition textbook: Vegetable cuts – page 15
<ul style="list-style-type: none"> Understanding the various methods of cooking food (Skill 6) 	<ul style="list-style-type: none"> Food Preparation and Nutrition textbook (Hodder): Cooking Methods Skill 6 – pages 48-55 GCSE Food Preparation and Nutrition Revision Guide (CGP AQA): pages 24-27
<ul style="list-style-type: none"> Applying the skills of combining and shaping ingredients when manufacturing dishes (Skill 7) 	<ul style="list-style-type: none"> Practice various combining and shaping techniques during practical lessons Develop these skills through practice at home to prepare for final NEA task
<ul style="list-style-type: none"> Understanding the various techniques that can be used to make a sauce (Skill 8) 	<ul style="list-style-type: none"> Food Preparation and Nutrition textbook (Hodder) – pages 64-71 GCSE Food Preparation and Nutrition Revision Guide (CGP AQA): page 73

	<ul style="list-style-type: none"> • AQA GCSE Food Preparation and Nutrition (Anita Tull) - pages 222-226
<ul style="list-style-type: none"> • Understanding the processes of tenderising and marinating (Skill 9) 	<ul style="list-style-type: none"> • Food Preparation and Nutrition textbook (Hodder) – pages 72-75 • GCSE Food Preparation and Nutrition Revision Guide (CGP AQA) – page 73
<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"> • Practice 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"> • Understanding the ingredients and processes used as raising agents (Skill 11) 	<ul style="list-style-type: none"> • Food and Nutrition textbook (Anita Tull): pages 175-179 • Food Preparation and Nutrition textbook (Hodder): pages 88-94 • Food Preparation and Nutrition Revision Guide (CGP AQA): page 32
<ul style="list-style-type: none"> • Understanding the processes used to set ingredients (Skill 12) 	<ul style="list-style-type: none"> • Food Preparation and Nutrition textbook (Hodder): pages 96-97 • Food Preparation and Nutrition Revision Guide (CGP AQA): page 75
<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 – pages 100-117 • Food Preparation and Nutrition Revision Guide (CGP AQA): pages 1-6 • Use practice exam questions on the topic to prepare for the external exam - specimen materials are available on AQA or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher) • GCSEPod
<ul style="list-style-type: none"> • Understanding the functions, sources and effects of the micronutrients; vitamins, minerals and water 	<ul style="list-style-type: none"> • Food Preparation and Nutrition textbook (Hodder), Topic 2.2 Micronutrients, pages 118-144 • GCSE Food Preparation and Nutrition Revision Guide (CGP AQA), pages 7-10 • Use practice exam questions on the topic to prepare for the external exam (specimen materials are available on AQA or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher)
<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 • Use practice exam questions on the topic to prepare for the external exam (specimen materials are available on AQA or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher)
<ul style="list-style-type: none"> • Understanding how diet can affect health and recognising the major diet related health risks 	<ul style="list-style-type: none"> • Food Preparation and Nutrition textbook (Hodder) – pages 176-188 • GCSE Food Preparation and Nutrition Revision Guide (CGP AQA) pages 14-15 • Use practice exam questions on the topic to prepare for the external exam (specimen materials are available on AQA or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher) • Explore The British Nutrition Foundation
<ul style="list-style-type: none"> • Appreciating why food is cooked and selecting appropriate cooking methods 	<ul style="list-style-type: none"> • Food Preparation and Nutrition textbook (Hodder) – pages 192-205 • Food Preparation and Nutrition (Anita Tull) – pages 124-127 • Use practice exam questions on the topic to prepare for the external exam (specimen materials are available on AQA or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher)
<ul style="list-style-type: none"> • Understanding the functional and chemical properties of food and the scientific principles that alter the working characteristics during the manufacture of dishes 	<ul style="list-style-type: none"> • CGP AQA GCSE Food Preparation and Nutrition Revision Guide – pages 28-31 use practice exam questions on the topic to prepare for the external exam • (specimen materials are available on AQA or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher)
<ul style="list-style-type: none"> • Identifying the conditions required for micro-organism 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 (specimen materials are available on AQA or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher)

	<ul style="list-style-type: none"> • Food Preparation and Nutrition textbook (Hodder): Section 4, Topic 4.1
<ul style="list-style-type: none"> • Identifying the bacteria that causes food poisoning and explaining how to prevent their spread 	<ul style="list-style-type: none"> • Food Preparation and Nutrition Revision Guide (CGP AQA): page 39 • Use practice exam questions on the topic to prepare for the external exam (specimen materials are available on AQA or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher) • 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 (specimen materials are available on AQA or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher) • Food Preparation and Nutrition textbook (Hodder): Section 4, Topic 4.2
<ul style="list-style-type: none"> • Recognising and understanding the variety of food labelling systems and the impact of marketing on food choice 	<ul style="list-style-type: none"> • Food Preparation and Nutrition Revision Guide (CGP AQA) pages 46-47 • Food Preparation and Nutrition textbook (Hodder) Section 5 Topic 5.4 • Use practice exam questions on the topic to prepare for the external exam (specimen materials are available on AQA or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher) • Explore the Food Standards Agency
<ul style="list-style-type: none"> • Exploring the factors that influence food choice; including nutritional analysis, different cuisines and sensory evaluation 	<ul style="list-style-type: none"> • Food Preparation and Nutrition Revision Guide (CGP AQA) pages 42-53 • Food Preparation and Nutrition textbook (Hodder) Section 5 Topic 5.1, 5.2, 5.3 • Use practice exam questions on the topic to prepare for the external exam (specimen materials are available on AQA or ask

	your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher)
<ul style="list-style-type: none">• Appreciating where, and how, ingredients are grown or reared and describing what environmental issues are associated with food production	<ul style="list-style-type: none">• Food Preparation and Nutrition Revision Guide (CGP AQA) – page 55-67• Food preparation and Nutrition textbook (Hodder) Section 6• Use practice exam questions on the topic to prepare for the external exam (specimen materials are available on AQA or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher)

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