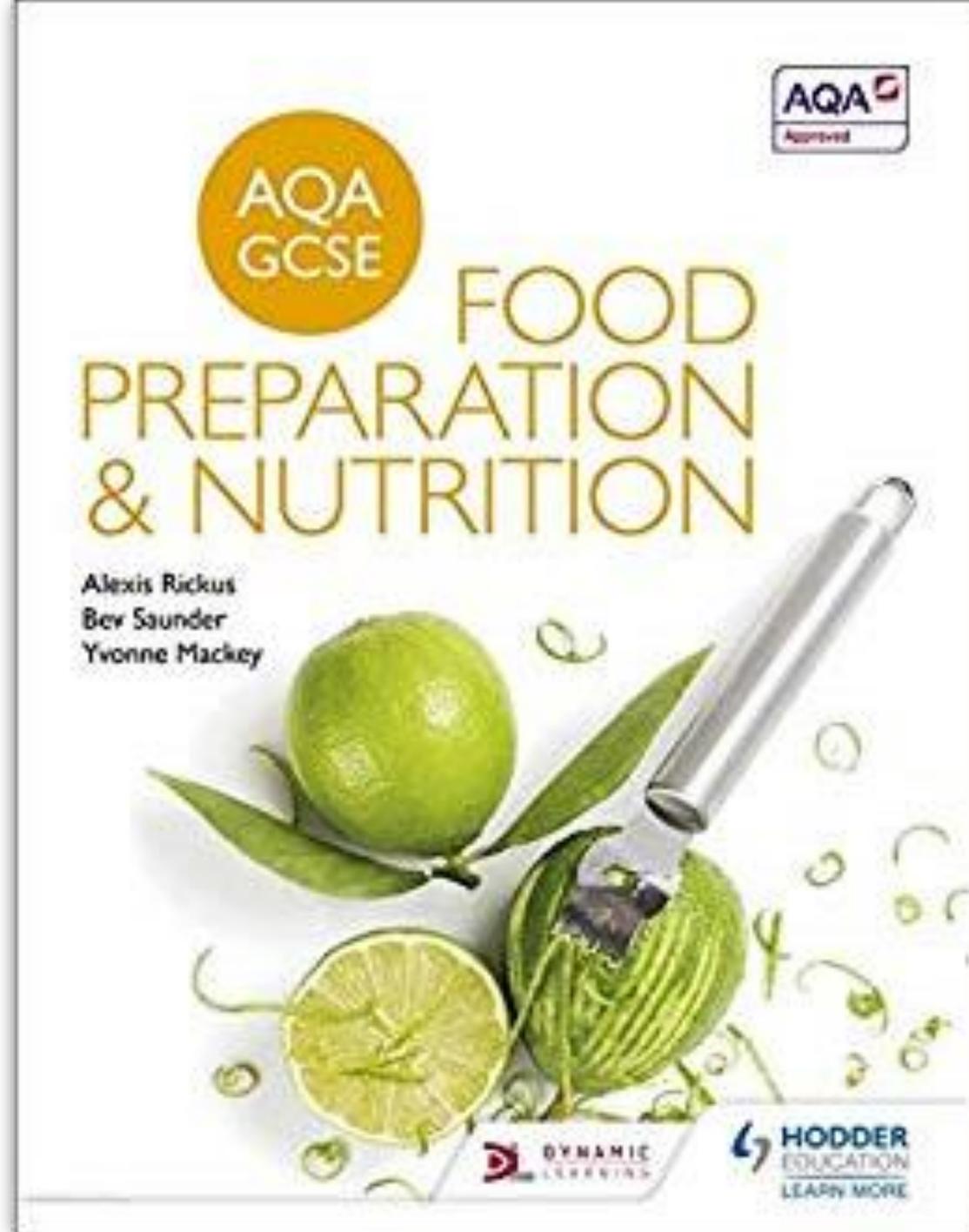


AQA GCSE Food Preparation and Nutrition



AQA GCSE
Food
Preparation
and Nutrition

Food preparation skills are integrated into five core topics:

- Food, nutrition and health
- Food science
- Food safety
- Food choice
- Food provenance.

Food, Nutrition and Health

- Focusing on;
 - Macronutrients – Protein/Fats/Carbohydrates
 - Micronutrients – Vitamins/Minerals/Water
 - Nutritional needs & health – Diets/energy needs/ nutritional analysis/technological developments



Food Science

Focusing on

- Cooking foods – heat transfer/cooking methods
- Functional & chemical properties of foods
proteins/carbohydrates/fats & oils/raising agents



Frying



Roasting



Grilling



Steaming



Poaching



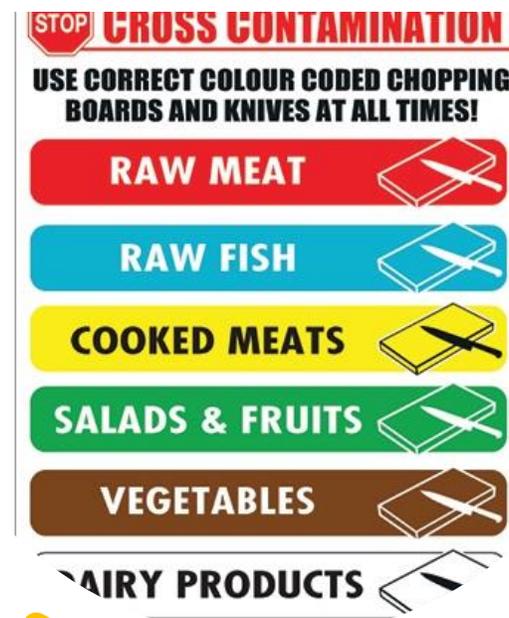
Simmering



Blanching

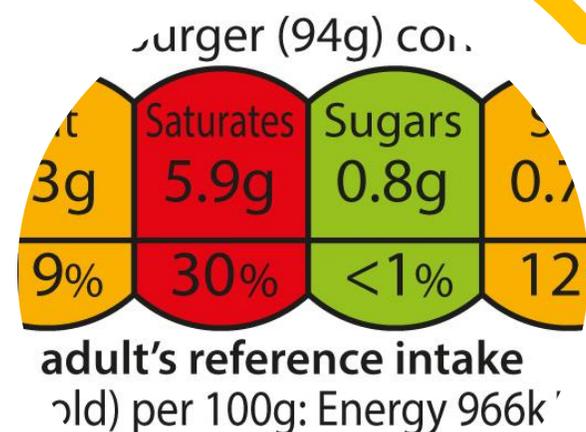
Food Safety

- Focusing on
 - Food spoilage – enzymes/signs of spoilage/micro-organisms/ bacterial contamination
 - Principles of food safety – buying & storing/preparing and cooking



Food Choice

- Focusing on
 - Food choice – factors affecting choice
 - British and International cuisine
 - Sensory evaluation
 - Food labelling & marketing



Food Provenance

- Focusing on
 - Environmental impact and sustainability – food & the environment /provenance & production methods/ sustainability of foods
 - Food processing & production – food production/food processing



Cooking skills:

- 1 – General practical skills
- 2 – Knife skills
- 3 – Preparing fruit and vegetables
- 4 – Use of the cooker
- 5 – Use of equipment
- 6 – Cooking methods

- 7 – Prepare, combine and shape
- 8 – Sauce making
- 9 – Tenderise and marinade
- 10 – Dough
- 11 – Raising agents
- 12 – Setting mixtures



Food Preparation and Nutrition Unit 1

Unit 1

- 1 hour 45min written exam in June of year 11
- 100 marks available
- Accounts for 50% of the total grade
- Broken down into 2 sections

Section A (worth 20 marks)

- Multiple choice questions structured to reflect the specification.

Section B (worth 80 marks overall, 4-5 detailed questions)

- Can be on anything else within the syllabus
- 5 questions varying in styles of approach.

Food Preparation and Nutrition Unit 2

Unit 2 (A)

- 10 hour Food Investigation report.
- Assesses understanding of the scientific principles that underpin preparation & cooking of food.
- Accounts for 15% of the final grade.

Unit 2 (B)

- 20 hour Food Preparation assessment
- Accounts for 35% of the final grade.
- Plan, prepare, cook & present 3 dishes within 3 hours.
- Produce a concise portfolio (no more than 20 A4 pages) that demonstrates technical skills and practical outcomes.
- Explanation of planning , preparation, cooking and presentation of the final 3 dishes.
- Evaluates the costs of the dishes.
- Evaluation of the sensory and nutritional properties of each dish



Thinking about studying PE?

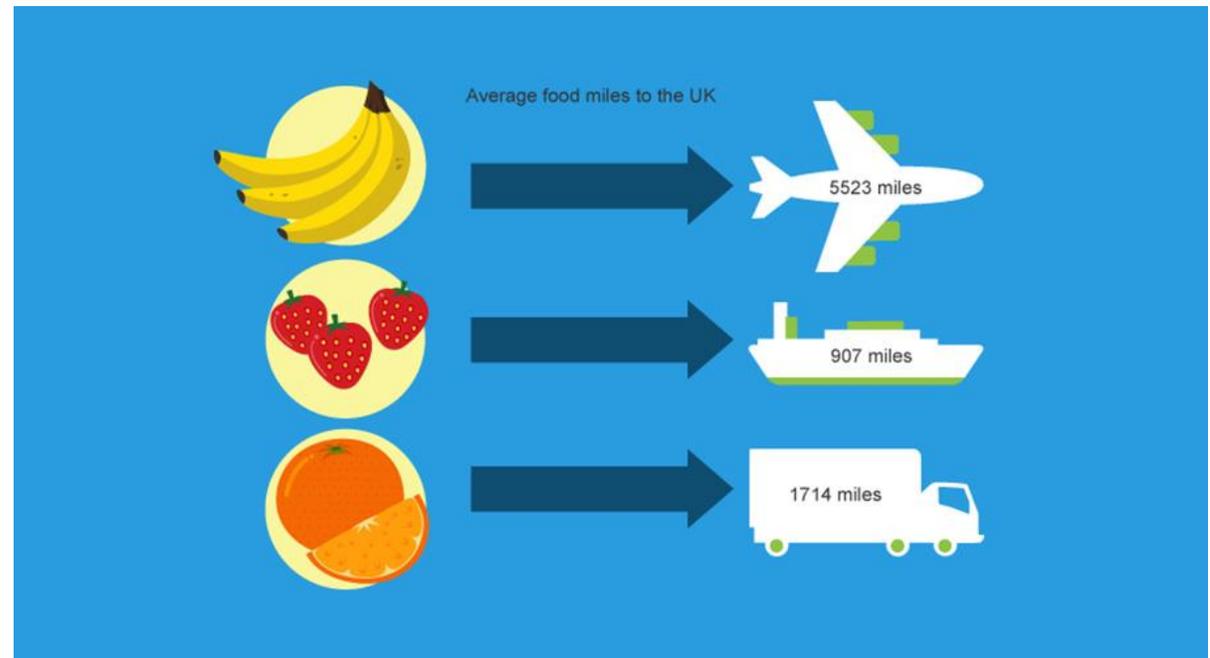


Subject content	What students need to learn
1.2 The consequences of a sedentary lifestyle	1.2.1 A sedentary lifestyle and its consequences: overweight, overfat, obese, increased risk to long-term health, e.g. depression, coronary heart disease, high blood pressure, diabetes, increased risk of osteoporosis, loss of muscle tone, posture, impact on components of fitness
	1.2.2 Interpretation and analysis of graphical representation of data associated with trends in physical health issues
1.3 Energy use, diet, nutrition and hydration	1.3.1 The nutritional requirements and ratio of nutrients for a balanced diet to maintain a healthy lifestyle and optimise specific performances in physical activity and sport
	1.3.2 The role and importance of macronutrients (carbohydrates, proteins and fats) for performers/players in physical activities and sports, carbohydrate loading for endurance athletes, and timing of protein intake for power athletes
	1.3.3 The role and importance of micronutrients (vitamins and minerals), water and fibre for performers/players in physical activities and sports
	1.3.4 The factors affecting optimum weight: sex, height, bone structure and muscle girth
	1.3.5 The variation in optimum weight according to roles in specific physical activities and sports
	1.3.6 The correct energy balance to maintain a healthy weight
	1.3.7 Hydration for physical activity and sport: why it is important, and how correct levels can be maintained during physical activity and sport

Thinking about Geography at GCSE?

3.2.3.2 Food

- Provision of food in the UK
 - Organic food
 - Global food supply
 - Food insecurity
 - Sustainable food



WHERE CAN FOOD AND NUTRITION TAKE ME?



Food Stylist

Food Technologist

Retailing

Nutritionist

Catering

Farming

Dietitian

Sensory Science

Food Manufacturer

Marketing

Chef

Quality Control

Teacher

Buyer

Food Microbiologist

Product Development

Research

Quality Control

Environmental Health Officer

Comments from previous GCSE students

“Great for learning how to cook for yourself in the future”

“Strong links to Science”

“It is about more than you think it will be”

“It’s great if you enjoy cooking”

“You need to enjoy Science but if you work hard you get a lot out of it”

