

GCSE Food Preparation & Nutrition – Subject Content

Subject Area

- 1 Food, Nutrition & Health
 - 1 Macronutrients
 - 1 Proteins
 - 2 Fats
 - 3 Carbohydrates
 - 2 Micronutrients
 - 1 Vitamins
 - 2 Minerals
 - 3 Water
 - 3 Nutritional Needs & Health
 - 1 Making informed choice for a varied & balanced diet
 - 2 Energy needs
 - 3 How to carry out nutritional analysis
 - 4 Diet, nutrition & health
- 2 Food Science
 - 1 Cooking of food & heat transfer
 - 1 Why food is cooked & how heat is transferred to food
 - 2 Selecting appropriate cooking methods
 - 2 Functional & Chemical Properties of Food
 - 1 Proteins
 - 2 Carbohydrates
 - 3 Fats & Oils
 - 4 Raising Agents
- 3 Food Safety
 - 1 Food Spoilage & Contamination
 - 1 Micro-organisms & Enzymes
 - 2 The signs of food spoilage
 - 3 Micro-organisms in food production
 - 4 Bacterial Contamination
 - 2 Principles of Food Safety
 - 1 Buying & storing food
 - 2 Preparing, cooking & serving food
- 4 Food Choice
 - 1 Factors affecting food choice
 - 1 Factors which influence food choice
 - 2 Food choices
 - 3 Food labelling & marketing influences
 - 2 British & International Cuisines
 - 3 Sensory Evaluation
- 5 Food Provenance
 - 1 Environmental Impact & Sustainability of Food
 - 1 Food Sources
 - 2 Food & the Environment
 - 3 Sustainability of Food
 - 2 Food Processing & Production

- 1 Food Production
- 2 Technological developments associated with better health and food production

Skills Checklist

There are a lot of practical skills that will be covered during the course. It is important that you use all of them during your NEA.

Go through this list of practical skills and tick off each one when you can do it.

When you can do all the parts of a skill section and are utterly confident that you have secured the necessary skills, tick it off.

1. General Practical Skills
 - a. I can organise all my ingredients before cooking.
 - b. I can select and adapt cooking times.
 - c. I can weigh and measure ingredients accurately.
 - d. I can test food in a variety of ways to see if it's cooked.
 - e. I can change how food affects the different senses.
 - f. I can add garnishes and decoration to my food.
2. Knife Skills
 - a. I can safely use different knives for different uses.
 - b. I can cut fruit and vegetables in different ways.
 - c. I know how chicken and fish can be portioned.
3. Preparing Fruit and Vegetables
 - a. I can prepare fruit and vegetables in many different ways.
4. Use of the Cooker and Cooking Methods
 - a. I can use the oven, grill and hob on the cooker for a range of cooking methods.
5. Use of Equipment
 - a. I can use different equipment to speed up food preparation processes and save time.
6. Prepare, Combine and Shape
 - a. I can prepare, shape and combine foods in a variety of ways.
7. Making Sauces
 - a. I can make a roux, blended and all-in-one sauce.
 - b. I can adapt a roux sauce to make a velouté and béchamel sauce.
 - c. I can make a stable emulsion sauce.
 - d. I can make both sweet and savoury reduction sauces.
8. Tenderise and Marinate
 - a. I can make marinades to tenderise and flavour food.
9. Making Dough
 - a. I can make a variety of different doughs using shortening, gluten formation and fermentation.
 - b. I can select the right type of pastry dough for my dish.
 - c. I can shape and finish my dough in lots of different ways.
10. Raising Agents
 - a. I can use different raising agents to make my food rise.
11. Setting Mixtures
 - a. I can set mixtures using gelatin.
 - b. I can set mixtures using eggs.

FOOD PREPARATION AND NUTRITION

Example of Non-Examination Assessment 1

NEA 1: The Food Investigation Assessment

The flavour and texture of pastry is important. Investigate the functional and chemical properties of ingredients used to make shortcrust pastry.

Supportive Work Guidelines

Your supportive work must include evidence of the scientific principles underlying the preparation and cooking of food through research, investigation, trialling, modifying, developing and evaluation. The written evidence is limited to a 1,500 – 2,000 word count.

The written evidence may be submitted electronically or as a paper version and must include evidence of the following:

Section (a) Interpret and investigate your assessment; create a plan of action, propose a hypothesis, or an educated guess of what you predict the outcome will be. [5]

Section (b) Carry out your plan of action with practical trialling, developing and testing, looking at the working characteristics and the functional and chemical properties of the ingredients selected. Describe the procedures carried out in detail, explaining what you did and gather results from a range of preference testing, which could include sensory analysis, charts, customer feedback via peer assessment. Photographic evidence is essential. [15]

Section (c) Analyse the data and results, compare and draw conclusions from the results you have collected. Explain whether your prediction was proven and document the reasons for the success or failure of the investigation. [10]

It is an expectation that you will demonstrate adherence to hygiene regulations and food safety principles when working with food. You must follow all health and safety guidelines when storing, preparing and cooking food that will be tried and tested by others. No marks will be allocated to hygienic working as this is a mandatory requirement. Please ensure all work submitted for moderation can be clearly identified as your work. (i.e. centre name and number, your name and examination number.).