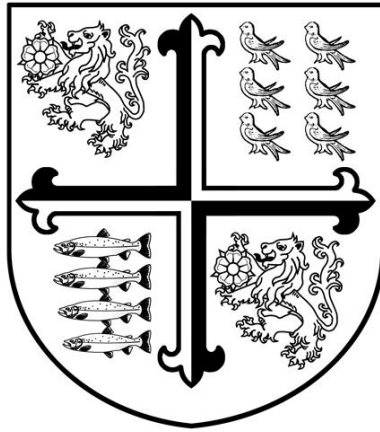




GCSE Food Preparation & Nutrition

Exam Preparation

Exam Board: AQA

Specification: 8585

[GCSE Food Preparation and Nutrition Specification Specification for first teaching in 2016](#)

Contact details:

Ms E Spanjar – espanjar@bournemouth-school.org

Term 1 – 1st September to 23rd October

Practical – Adapting recipes to meet specific nutritional requirements

Key skills: S2, S9

Theory

<u>Topics</u>	<u>Key Concepts</u>	<u>R</u>	<u>A</u>	<u>G</u>
3.2.1.1 Protein	• Functions • Main Sources • Effects of deficiency and excess • Related dietary reference values			
3.2.1.2 Fats	• Functions • Main Sources • Effects of deficiency and excess • Related dietary reference values			
3.2.1.3 Carbohydrates	• Functions • Main Sources • Effects of deficiency and excess • Related dietary reference values			
3.2.2.1 Vitamins	• Fat soluble – vitamins A,D,E,K • Water soluble – B group vitamins and vitamin C • Antioxidant functions of vitamins			
3.2.2.2 Minerals	• Minerals - Calcium - Iron - Sodium - Fluoride - Iodine - phosphorus			
3.2.2.3 Water	• Functions • How water is lost from the body • Recommendations for intake			

Term 2 – 2nd November to 18th December

Practical Assessment – EAD – 2nd November – Dish uses LBV proteins

Theory Assessment – EAD – 2nd November – 3.2 Nutrition – to include 3.2.3 from year 9

Practical – Adapting recipes to use seasonal local products

Key skills – S2, S3, S9, S11

Theory

<u>Topics</u>	<u>Key Concepts</u>	<u>R</u>	<u>A</u>	<u>G</u>
3.6.1.1 Food Sources	• Where and how ingredients are grown, reared and caught. • Different farming methods • Advantages and disadvantages of locally produced foods, seasonal foods and GM foods			
3.6.1.2 Food and the environment	• Sustainability • Organic foods • Links to food choice • Environmentally issues related to food production			

Term 3 – 4th January to 12th February

Practical – Introducing multiple complex dishes within a practical session

Key skills – S2

Theory

<u>Topics</u>	<u>Key Concepts</u>	<u>R</u>	<u>A</u>	<u>G</u>
3.6.1.3 The impact of food and food security on local and global markets and communities	• Effect of the following on ensuring a sustainable supply of high-quality food. - Climate change - Global warming - Sustainability of food sources - Insufficient land for farming - Availability of food - Fairtrade - Problems with drought and flooding - GM Foods - Food waste			
3.6.2.1 Food production	• Primary processing related to - Rearing fish - Growing, harvesting and cleaning of the raw food material e.g. wheat to flour - Heat treatment of milk • Secondary processing related to - Flour to bread/pasta - Milk to cheese/yoghurt - Fruit to jam			

Term 4 – 22nd February to 25th March

Practical Assessment – EAD – 8th March – Deboning/filleting skills

Theory Assessment – EAD – 8th March – 3.6.1 Environmental impact and sustainability

Practical – Focus on perfecting high skills

Theory

<u>Topics</u>	<u>Key Concepts</u>	<u>R</u>	<u>A</u>	<u>G</u>
3.6.2.1 Food production	• Loss of vitamins through food production • The sensory effects of heating/drying milk			
3.6.2.2 Technological developments associated with better health and food production	• Cholesterol lowering spreads • Food fortification • Pros and cons to use of - Colours - Emulsifiers and stabilisers - Flavourings - Preservatives - GM foods			

Term 5 12th April – 28th May

Theory Assessment – Year 10 – Full Paper 1hr45 mix of MCQ, short and long answer.

Topics include:

Nutrition: Eatwell Guide, macronutrients, nutritional requirements through the lifespan

Food provenance: Organic farming/sustainable fishing, food fortification

Food choice

Food science: pastry, enzymic browning

Practical – Linked to NEA 1

Theory

<u>Topics</u>	<u>Key Concepts</u>	<u>R</u>	<u>A</u>	<u>G</u>
4.3.5.1 NEA 1 Food investigation assessment	• Marked in three sections: - Research - Investigation - Analysis and evaluation			

Term 6 – 7th June to 21st July

Practical Assessment – EAD 21st June – NEA 2 mock write up

Practical – Linked to NEA 2

Theory

<u>Topics</u>	<u>Key Concepts</u>	<u>R</u>	<u>A</u>	<u>G</u>
4.3.6.1 NEA 2: Food preparation assessment	• Marked across 5 sections - Research - Demonstrating technical skills - Planning for the final menu - Making the final dishes - Analysis and evaluation			

Theory revision tools

Seneca – follow link in TEAMS to join our classroom

TEAMS – lessons categorised by specification code

AQA specification

AQA skills breakdown document

AQA GCSE FPaN revision guide

Knowledge Organisers

Food preparation skills – to be signed off as completed

Food preparation skills	Techniques	Secure
Skill 1: General practical skills	Weigh/measure Prepare ingredients/equipment Select/adjust cooking times Test for readiness Judge and modify sensory properties	
Skill 2: Knife skills	Fruit and vegetables – peel, slice, dice and cut into even pieces Meat, fish or alternatives: - Fillet a chicken breast - Portion a chicken - Remove fat and rind - Fillet fish - Slice evenly and accurately	
Skill 3: Preparing fruit and vegetables	Mash Pipe Shape Controlling enzymic browning	
Skill 4: Use of the cooker	Using the grill Using the oven	
Skill 5: Use of equipment	Blender Food processor Mixer Pasta machine Microwave oven	
Skill 6: Cooking methods	Water based methods using the hob: - Steaming - Boiling - Simmering - Blanching - Poaching Dry heat methods using the hob: - Dry frying - Shallow frying - Stir-frying	
Skill 7: Prepare combine and shape	Roll, wrap, skewer, mix Shape and bind wet mixes e.g. burgers	
Skill 8: Sauce making	Starch based - Roux - Bechamel - Custard Reduction - Tomato pasta sauce - Curry sauce - Gravy Emulsion - Salad dressing	

Skill 9: Tenderise and marinate	How acids denature protein Marinades add flavour and moisture	
Skill 10: Dough	Making a dough - Bread - Pastry - Pasta Shaping and finishing - Line a flan tin - Pinwheels - Choux pastry - Create layer e.g. palmiers	
Skill 11: Raising agents	Gas-in-liquid foam - Whisked egg whites - Whisked sponge Chemical raising agents e.g. baking powder Steam as a raising agent e.g. choux, Yorkshire pudding Biological raising agent e.g. yeast	
Skill 12: Setting mixtures	Gelation e.g. custard Uses of protein e.g. uses egg coagulation	