



GCSE Food Preparation & Nutrition





Food Preparation



You will learn how to **prepare food** such as pastries, sauces, batters and breads. This term, for example, as Year 10 are studying dairy the students will learn to make cheese.



Nutrition is the

Scientific study of nutrients in food,
how the body uses them, and
the relationship between
diet, health, and disease.





Be aware that there is some serious Science in this subject. We also study the **Science of cooking**. Cooking is Chemistry after all.

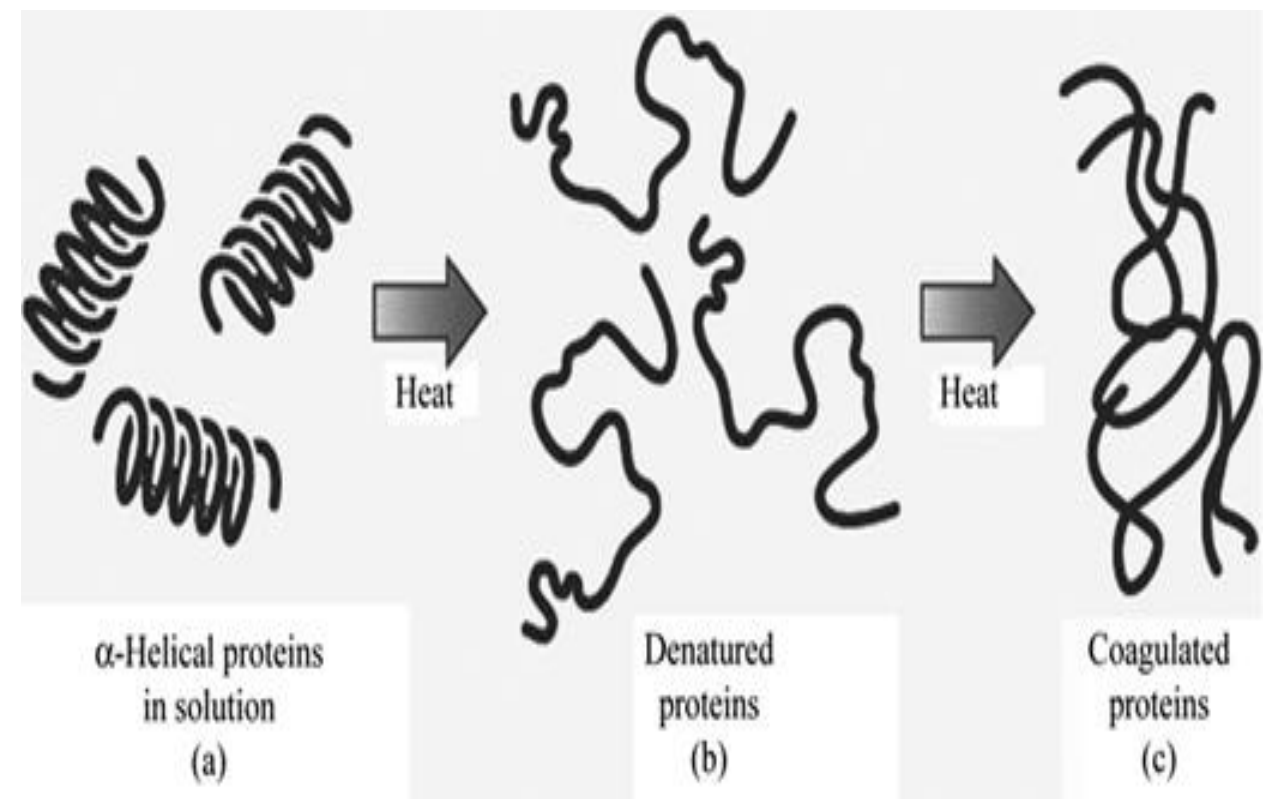
For example: Why sauce thickens; Why foods brown when cooked; Why bread rises; How proteins denature when subjected to heat.





So Students who
pick Food &
Nutrition have an
interest in **Science**.

Students who pick
this subject may
also have an
interest in...





The **environment** and how the production, transportation and packaging of food effects the environment locally and globally.





The **ethics** of food production and how we treat farmed animals.





How nutrition
effects a
person's
physical and
mental **well
being.**





A lot of your learning will be through cooking and experimentation so a willingness to be **open minded** about trying and testing new foods and flavours is important.





What do we study?

Core Knowledge

Commodities

Core Knowledge



Principles of Nutrition
Diet and Good Health
The Science of Cooking Food
Food Spoilage
Food Provenance and Food Waste
Cultures and Cuisines
Technological Developments
Factors effecting food choice.





Commodities

Cereals

Fruit & Vegetables

Milk Cheese and Yoghurt

Meat, Poultry Fish and Eggs

Beans, Nuts and Seeds, Soya, Tofu, and
Mycoprotein

Butter, Oil, Margarine, Sugar and Syrup

How your GCSE Food & Nutrition Course is Marked

Coursework 1. **Scientific Investigation**. Worth **15%** of your GCSE Grade

You will conduct a Scientific Investigation given by the examination board. You will have to research, plan and write your hypothesis. Then after carrying out the experiment write your conclusion. Recent topics have been 'Enzymic Browning' and 'Raising Agents'.

Coursework 2. Design, preparation and the making of **Three Meals**. Worth **35%** of your GCSE Grade

Following a brief given by the Examination Board you will research a theme, trial recipes and plan to cook the three Meals simultaneously during a 3 hour exam. This is your chance to showcase your skills and abilities as a chef.



Written Exam – Worth **50%** of your GCSE Grade



Written Exam – Worth 50% of your GCSE Grade



1 . 4 Which **one** of the snacks best demonstrates protein complementation?

- A Cheddar cheese on toast
- B Orange marmalade on toast
- C Baked beans on toast
- D Grilled tomatoes on toast

☐☐☐☐

[1 mark]

8 . 2 What are the advantages of buying locally produced foods?

(4 marks)

9

With reference to the ingredients and nutrient content of each of the soups, evaluate the suitability of these soups for people with Coronary Heart Disease (CHD).
Give justified reasons for your choice.

[8 marks]

Question 6 is about diet, nutrition and health.

Joe is an active 7 year old.
He takes a packed lunch to school each day.

Today Joe takes the following packed lunch:

Cheddar cheese slice on buttered white bread.
Salt and vinegar crisps
A chocolate biscuit
A high sugar, sweet orange drink

6 . 1 Explain how the macronutrient content of the packed lunch provides Joe with energy.

[6 marks]

6 . 2

Childhood obesity is increasing in Britain and has been linked to an unhealthy diet.

Assess the various factors which contribute to childhood obesity and explain how an unhealthy diet in childhood may put future health at risk.

[12 marks]

