

# Yr 11 GCSE Food Preparation and Nutrition (AQA):

Topic	R	A	G		
<b>Practical cooking skills</b>					
Skill 1 General skills				<ul style="list-style-type: none"> <li>○ weighing measuring,</li> <li>○ turning on and use of the cooker</li> <li>○ checking food is cooked</li> </ul>	
Skill 2 knife skills				<ul style="list-style-type: none"> <li>● slice and dice</li> <li>● peeling</li> <li>● grating</li> </ul>	
Skill 3 preparing fruit and vegetables				<ul style="list-style-type: none"> <li>○ sweating</li> <li>○ blanching</li> <li>○ steaming vegetables</li> </ul>	
Skill 7 preparing combining, shaping				<ul style="list-style-type: none"> <li>● making scones, burgers, fishcakes</li> <li>● pane – flour egg and breadcrumb</li> </ul>	
Skill 8 sauce making				<ul style="list-style-type: none"> <li>● mayonnaise</li> <li>● fresh egg custard</li> <li>● béchamel</li> <li>● chocolate sauce</li> </ul>	
Skill 10 making dough				<ul style="list-style-type: none"> <li>○ making bread</li> <li>○ making pasta</li> <li>○ making shortcrust pastry</li> <li>○ making sweet pastry</li> <li>○ making puff pastry</li> <li>○ making choux</li> </ul>	
Skill 11 raising agents				<ul style="list-style-type: none"> <li>○ Victoria sponge</li> <li>○ Genoese's sponge (Swiss roll)</li> </ul>	
Skill 12 setting mixtures				<ul style="list-style-type: none"> <li>○ Fresh jelly</li> <li>○ Cheesecake using gelatine</li> </ul>	
<b>Food Nutrition and Health</b>					
Macronutrients				<ul style="list-style-type: none"> <li>● Fat</li> <li>● Protein</li> <li>● Carbohydrates</li> </ul>	P1-6
Micronutrients				<ul style="list-style-type: none"> <li>● Vitamins</li> <li>● Minerals</li> <li>● Water and fibre</li> </ul>	p.7-10
Nutritional needs and health				<ul style="list-style-type: none"> <li>● Eatwell guidelines</li> <li>● Menu planning</li> <li>● Nutritional analysis</li> <li>● Cost analysis</li> <li>● Nutritional needs for different age groups</li> <li>● Diet related diseases – CHD, diabetes</li> <li>● Energy needs</li> </ul>	p.11-21
<b>Food Science</b>					
Cooking food and heat transfer				<ul style="list-style-type: none"> <li>● What heat transferred methods are used in cooking food</li> <li>● Why do we eat cooked food</li> <li>● Best methods of cooking food to reduce nutrient loss</li> <li>● Sensory analysis</li> </ul>	p. 22-26
Cooking methods				<ul style="list-style-type: none"> <li>● Water based cooking methods</li> <li>● Water and fat based</li> <li>● Dry methods</li> </ul>	p.24-27
Functional and chemical properties of food				<ul style="list-style-type: none"> <li>● Proteins</li> <li>● Carbohydrates</li> <li>● Fats and oils</li> </ul>	P28-33

				<ul style="list-style-type: none"> <li>• Raising agents –</li> <li>• puff pastry</li> <li>• Victoria sponge</li> <li>• Bread</li> </ul>	
<b>Food Safety</b>					
Food spoilage				<ul style="list-style-type: none"> <li>• Conditions for bacteria to grow</li> <li>• Enzymic browning – apples going brown</li> <li>• Micro – organisms in food production</li> <li>• Bacterial contamination – cross contamination, at risk groups</li> </ul>	p.34-35
Storing food safely				<ul style="list-style-type: none"> <li>• Storage temperatures – fridge, freezer, danger zone, core temp</li> <li>• Storage of food, froze, chilled, ambient</li> <li>• How to use a probe</li> <li>• Use by and best before dates</li> </ul>	p.36-38
Food poisoning				<ul style="list-style-type: none"> <li>• Symptoms of food poisoning</li> <li>• Personal hygiene</li> <li>• Types of food poisoning</li> <li>• Using the fridge and freezer correctly</li> </ul>	p.39-40
Micro-organisms				<ul style="list-style-type: none"> <li>• Use of moulds in cheese (stilton)</li> <li>• Yeast to make bread</li> <li>• Bacteria to make yoghurt</li> </ul>	P40
<b>Food choice</b>					
Factors effecting food choice				<ul style="list-style-type: none"> <li>• Factors effecting food choice –</li> <li>• Time of days, season, cost, preparation occasion etc.</li> </ul>	p.42-43
Food choices				<ul style="list-style-type: none"> <li>○ Moral choices – ethical – vegan, vegetarian, Muslim, Jewish</li> <li>○ Medical reasons – lactose, gluten intolerance</li> <li>○ Food allergies and intolerances</li> </ul>	p.44-45
British and International cuisine				<p>Traditional British foods</p> <p>Foods from:</p> <p>Italy</p> <p>China</p> <p>India</p> <p>USE</p> <p>Asia</p>	P49-51
Sensory evaluation				<p>Why we carry out sensory evaluation</p> <p>Sensory evaluation tests</p>	P52
Food labelling				<p>Mandatory labelling – what is on the label by law</p> <p>Use by, best before dates</p> <p>Traffic light systems - nutritional labelling</p> <p>Marketing – health claims, loyalty cards</p>	P46
<b>Food Provenance</b>					
Environmental Impact and Sustainability of food				<ul style="list-style-type: none"> <li>○ 6 R's</li> <li>○ Seasonal foods</li> <li>○ Supporting British farmers, eating locally sources food</li> <li>○ Food miles</li> <li>○ Carbon footprint</li> <li>○ Organic, GM, factory produced</li> <li>○ Reducing food waste – benefits</li> <li>○ Suitability sources food – red tractor, RSPCC, Fairtrade, MSCC, Red lion eggs</li> <li>○ Food poverty – food suitability, supply chain</li> </ul>	p.55-63
Food Processing and Production				<ul style="list-style-type: none"> <li>○ Primary processing</li> <li>○ Secondary processing</li> <li>○ Types of processing methods – canning, dehydrating,</li> <li>○ Fortified cereals      Food additive</li> </ul>	p.64-68

