

GCSE FOOD AND NUTRITION:

A GOOD CHOICE IF: YOU ARE A KEEN COOK AND BAKER. YOU ARE INTERESTED IN THE NUTRITION OF FOOD AND THE SCIENCE BEHIND INGREDIENTS. YOU COULD BE CONSIDERING CAREERS IN CATERING, PRODUCTION, QUALITY CONTROL, FOOD SCIENCE.

(LOTS OF OPPORTUNITIES IN THIS INDUSTRY CURRENTLY!)



THE FACTS:

50% – 2 NEA PROJECTS;

- 1 IN A SCIENCE INVESTIGATION
- 1 IS A PRACTICAL ASSESSMENT ON COOKING SKILLS. YOU WILL BE REQUIRED TO COOK 3 DISHES IN 3 HOURS.

50% – WRITTEN EXAM.



L:A:C ART & DESIGN



30

8

Level of technical skill	5
Timekeeping,	5
Health & safety	5
Professional conduct	5
Creativity/presentation skills	5
Taste test	5

SUBJECT OVERVIEW - FOOD



Year:	TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
Year 7	Rotations: Health & Safety & Nutrition					
Year 8	Rotations: International Cuisine and Ethical Food Choices (Fairtrade and Sustainable Fishing)					
Year 9	FOOD & NUTRITION: Macronutrients/ Eat well/ Life stages	FOOD & NUTRITION: Micronutrients/ Fibre & Water XMAS BAKE OFF: Teacake challenge	FOOD CHOICE: Factors which influence food choice/sensory evaluation/ food labelling & marketing /British & international cuisine	FOOD PROVENANCE: Fairtrade/ Food sources/ Sustainability/ Primary & secondary processing	PRACTICAL SKILLS: Skills 1,2,3,4,5,6,10.	PRACTICAL SKILLS: Skills 7,8,9,11,12
Year 10	<i>YEAR 9 ROK TESTING & CTG</i> FOOD SAFETY: Principles	FOOD SAFETY: Spoilage & contamination XMAS BAKE OFF: YULE LOG.	FOOD SCIENCE: Heat transfer & Cooking methods	FOOD SCIENCE: Functional & Chemical properties of ingredients	FOOD SCIENCE: MINI NEA 1 (Science investigation)	<i>YEAR 9 & 10 ROK TESTING & CTG</i> <i>Mini NEA2 – timeplan process</i>
Year 11	NEA1 (Science Investigation)	NEA2 (Plan, prepare and cook 3 dishes)	NEA2 (Plan, prepare and cook 3 dishes)	REVISION •Food & Nutrition •Food Choice •Food	REVISION •Food Safety •Food Science	N/A



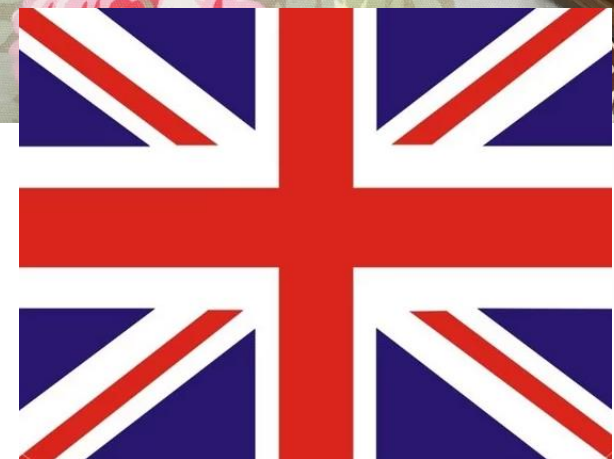
NEA 1 THE SCIENCE EXPERIMENT

Explain your decisions and thinking.

Use scientific and technical language.

SECTION A-RESEARCH AND PLAN					
	Analyse the task	Research the task	Investigate the science	Make a prediction	Plan the experiments
SECTION B EXPERIMENT, TEST AND RECORD					
	Organise the experiments	Carry out the experiments	Test and record objective data	Test and record subjective data	Present information
SECTION C- ANALYSE AND EVALUATE					
	Observe, analyse and explain	Comment on the data and justify the results	Relate results to the research and science	Review hypothesis Refer back to task	Suggest improvements Justify conclusions





AQA

GCSE

Food Preparation and Nutrition

Food Preparation Assessment NEA Tasks

Food Preparation Tasks 2019-2020:

One task to be selected from three tasks set by AQA

- Plan, prepare, cook and present a range of dishes that meet the dietary needs of an individual with Type 2 diabetes.
Present three dishes.

- Plan, prepare, cook and present a range of dishes based on starchy carbohydrates that would appeal to active adults.
Present three dishes.

- Plan, prepare, cook and present a range of dishes that are based on traditional British cuisine.
Present three dishes.

Understanding and application of nutritional knowledge will be a requirement of all tasks

YEAR 8

WHAT'S YOUR THING?

GCSE PATHWAYS

L:A:C ART & DESIGN

Clipboard Slides Font Paragraph Drawing Editing

Cut Copy Paste Format Painter New Slide Section

Layout Reset

Text Direction Align Text Convert to SmartArt

Shape Fill Shape Outline Shape Effects

Find Replace Select

1 AQA GCSE FOOD PREPARATION AND NUTRITION:(8585)
NEA FOOD PREPARATION ASSESSMENT 2022

Name: MRS ASHCROFT Candidate Number: 0000

Plan, prepare, cook and present a range of dishes that are based on North and/or South American cuisine. Present three dishes.

Understanding and application of nutritional knowledge will be a requirement of this task.

2 TASK ANALYSIS

North America: Continent in the northern hemisphere - there are 23 independent countries of North America, including Mexico, Canada and several island states in the Caribbean

South America: Continent actively in the Western Hemisphere and mostly in the Southern Hemisphere. It is divided politically into 12 independent countries - Argentina, Bolivia, Brazil, Chile, Colombia, Ecuador, Guyana, Paraguay, Peru, Suriname, Uruguay and Venezuela

Dishes: Particular articles, ingredients, or preparations of food

Present: To bring offer, introduce or give, often in a formal or semi-formal way

Prepare: Make ready for cooking and eating

Cook: Mix, combine, and heat ingredients

Plan: Think about and decide what you are going to do or how you are going to do something

Nutritional Knowledge: Understanding of information relating to nutrition - the process of providing and absorbing the food necessary for health and growth

3 NUTRITIONAL INFORMATION

The Red and Blue colors have most of what we need and should make sure we have each food group to make a healthy balanced diet

Essentially we need to eat large amounts and measured in grams, like Carbs, Proteins, and Fats. Carbs give us our main source of energy. Proteins are for building and repair and give us energy. Fats are essential to small amounts. They are the vitamins and minerals.

Our main sources of protein are Meat, Fish and Eggs

Our main sources of Carbohydrate are Cereals, Bread and Pasta

There are a good number of vitamins and minerals that we need every day. Some are found in the food we eat and some are found in the vitamins and minerals we take.

There are a different nutritional needs for pregnant or breastfeeding women and children

Food selection helps make healthy choices and eat in a balanced and varied way

Many health professionals advise us to eat a diet of healthy, high-fiber, whole-grain, low-fat foods

We can make our energy-making healthy choices and eating!

4 CUSTOMER PROFILE - ISOBELLE

17 year old female

Working student working 1st

Doesn't like and dislikes food

Doesn't eat a balanced diet and is interested in using her own ideas

Doesn't eat a balanced diet and is interested in using her own ideas

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Doesn't eat a balanced diet and is interested in using her own ideas

**AQA GCSE FOOD PREPARATION AND NUTRITION:(8585)
NEA FOOD PREPARATION ASSESSMENT 2022**



Name: MRS ASHCROFT Candidate Number: 0000

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