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# GCSE Food Preparation & Nutrition (Year 10)

## Assessment Overview

- You will be assessed by **one examined paper**
- The paper is 1 hour and 45 minutes long.
- Paper 1: Food preparation and nutrition: What will be assessed? Theoretical knowledge of food preparation and nutrition from Sections 2 to 4.
- There are three different assessment objectives:  
AO1 Knowledge 20%, AO2 Application 20%, AO3 Analyse and Evaluate 10%

**Detailed guidance on how to answer the written exam is in your text book p438-451**

## Paper 1

Food, nutrition and health

Food science

Food safety

The paper will consist of Questions:

- Multiple choice questions
- Short questions and extended style questions.

# Gosfield School: Food, Nutrition & Health



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Area for Revision	Resources	Strategy
<p><b>2.1 Macronutrients</b>  <b>Protein, Fats &amp; Carbohydrates.</b></p> <ul style="list-style-type: none"> <li>•The <b>functions</b> of <b>Protein, Fats &amp; Carbohydrates</b> in the body</li> <li>•The main <b>sources</b> of <b>Protein, Fats &amp; Carbohydrates</b> in the diet</li> <li>•The <b>amount</b> of <b>Protein, Fats &amp; Carbohydrates</b> required each day to remain healthy <b>DRV</b></li> <li>•The effects of a <b>deficiency/excess</b> of <b>Protein, Fats &amp; Carbohydrates.</b></li> </ul>	<p>AQA text book 100-117</p> <p><a href="https://app.senecalearning.com/classroom/course/d59d0e60-4fa8-11e8-bbba-738ab127bed6/section/1d948eb0-5aac-11e8-8337-b1fe33357061">https://app.senecalearning.com/classroom/course/d59d0e60-4fa8-11e8-bbba-738ab127bed6/section/1d948eb0-5aac-11e8-8337-b1fe33357061</a></p> <p>Revision cards/notes</p> <p><a href="#">BCC Bitesize Video Food groups &amp; Eatwell guide</a></p>	<ol style="list-style-type: none"> <li>1. Look at appropriate section on Seneca to refresh your memory</li> <li>2. Look through the chapter in your text book or revision guide 'Revise', do you know all the 'Key terms'?</li> <li>3. Look at your revision cards - do you need to make any more?</li> <li>4. Try to do the questions in the text book at the end of the appropriate chapter. Or Revision guide 'Practise &amp; Review'.</li> </ol>
<p><b>2.2 Micronutrients</b>  <b>Vitamins: Fat &amp; Water soluble vitamins and Minerals</b></p> <ul style="list-style-type: none"> <li>•The <b>functions</b> of <b>Fat &amp; Water soluble vitamins and Minerals</b> in the body</li> <li>•The main <b>sources</b> of <b>Fat &amp; Water soluble vitamins and Minerals</b> in the diet</li> <li>•The <b>amount</b> of <b>Fat &amp; Water soluble vitamins and Minerals</b> required each day to remain healthy <b>DRV</b></li> <li>•The effects of a <b>deficiency/excess</b> of <b>Fat &amp; Water soluble vitamins and minerals</b></li> </ul>	<p>AQA text book 118-145</p> <p><a href="https://app.senecalearning.com/classroom/course/d59d0e60-4fa8-11e8-bbba-738ab127bed6/section/1d948eb0-5aac-11e8-8337-b1fe33357061">https://app.senecalearning.com/classroom/course/d59d0e60-4fa8-11e8-bbba-738ab127bed6/section/1d948eb0-5aac-11e8-8337-b1fe33357061</a></p> <p>Revision cards/notes</p> <p><a href="#">BCC Bitesize Video Food groups &amp; Eatwell guide</a></p>	<ol style="list-style-type: none"> <li>1. Follow 1-4 above</li> <li>2. Application: Try to identify/explain which vitamins &amp; minerals are in your meal every time you have one</li> <li>3. What is missing?</li> </ol>
<p><b>2.3 Nutritional needs &amp; health</b></p> <ul style="list-style-type: none"> <li>• Eatwell Guide</li> <li>• Identify the nutritional needs of different life stages; Young children, Schoolchildren, Teenagers, Adults &amp; the Elderly</li> <li>• Planning balanced meals for different dietary group; Vegetarians, Lacto-vegetarians, Lacto-ovo-vegetarians, vegans, Coeliac, lactose intolerant &amp; high fibre.</li> </ul>	<p>AQA text book p146-165</p> <p><a href="https://app.senecalearning.com/classroom/course/d59d0e60-4fa8-11e8-bbba-738ab127bed6/section/1d948eb0-5aac-11e8-8337-b1fe33357061">https://app.senecalearning.com/classroom/course/d59d0e60-4fa8-11e8-bbba-738ab127bed6/section/1d948eb0-5aac-11e8-8337-b1fe33357061</a></p> <p>Revision cards/notes</p> <p><a href="#">Eatwell guide</a></p> <p><a href="https://www.youtube.com/watch?v=7MIE4G8ntss">https://www.youtube.com/watch?v=7MIE4G8ntss</a></p>	<ol style="list-style-type: none"> <li>1. Follow 1-4 above</li> <li>2. Identify a meal plan for a day that will cater for each group, justify your choices</li> </ol>
<p><b>2.3 Nutritional needs &amp; health 2</b></p> <ul style="list-style-type: none"> <li>• Energy needs – kcal, kj, sources, BMI, PAL.</li> <li>• Nutritional analysis</li> <li>• The relationship between diet, nutrition &amp; health; obesity, CHD, Strokes, Sugar – dental, anaemia &amp; Type 2 Diabetes.</li> </ul>	<p>AQA text book p166-188</p> <p><a href="https://app.senecalearning.com/classroom/course/d59d0e60-4fa8-11e8-bbba-738ab127bed6/section/1d948eb0-5aac-11e8-8337-b1fe33357061">https://app.senecalearning.com/classroom/course/d59d0e60-4fa8-11e8-bbba-738ab127bed6/section/1d948eb0-5aac-11e8-8337-b1fe33357061</a></p> <p>Revision cards/notes</p>	<ol style="list-style-type: none"> <li>1. Follow 1-4 above</li> <li>2. Analyse each health issue and suggest ways you could avoid each occurring.</li> </ol>

# Gosfield School: Food Science

Area for Revision	Resources	Strategy
<p><b>3.1 Food Science:</b> Cooking of food &amp; heat transfer</p> <ul style="list-style-type: none"> <li>• Why is food cooked</li> <li>• how is heat transferred</li> <li>• Selecting appropriate cooking methods</li> <li>• How the choice of cooking method will affect food</li> </ul>	<p>AQA text book p192-205</p> <p><a href="https://app.senecalearning.com/classroom/course/d59d0e60-4fa8-11e8-bbba-738ab127bed6/section/1d948eb0-5aac-11e8-8337-b1fe33357061">https://app.senecalearning.com/classroom/course/d59d0e60-4fa8-11e8-bbba-738ab127bed6/section/1d948eb0-5aac-11e8-8337-b1fe33357061</a></p> <p>Web site: <a href="https://www.ifst.org/lovefoodlovescience/resources">Love food Love Science</a> <a href="https://www.ifst.org/lovefoodlovescience/resources">https://www.ifst.org/lovefoodlovescience/resources</a></p> <p>Revision cards/notes</p> <p>BCC Bitesize Video Healthier cooking <a href="https://www.youtube.com/watch?v=fiFi-d0RwKo">https://www.youtube.com/watch?v=fiFi-d0RwKo</a></p>	<ol style="list-style-type: none"> <li>1. Look at appropriate section on Seneca to refresh your memory</li> <li>2. Look through the chapter in your text book or revision guide 'Revise', do you know all the 'Key terms'?</li> <li>3. Look at your revision cards - do you need to make any more?</li> <li>4. Try to do the questions in the text book at the end of the appropriate chapter. Or Revision guide 'Practise &amp; Review'.</li> <li>5. Application: Try to identify/explain how your meal has been cooked, what heat transfer has occurred in the process and how the choice of cooking method affected the ingredients.</li> </ol>
<p><b>3.2 Food Science:</b> Functional &amp; Chemical properties of Food Proteins, Carbohydrates, Fats &amp; Oils and Raising Agents</p> <ul style="list-style-type: none"> <li>• Protein: denaturation, coagulation, gluten &amp; foam formation.</li> <li>• Carbohydrates: gelatinisation, dextrinization &amp; caramelisation</li> <li>• Fats &amp; Oils: shortening, aeration, plasticity &amp; emulsification</li> <li>• Raising agents: chemical, mechanical &amp; biological.</li> </ul>	<p>AQA text book p206-235</p> <p><a href="https://app.senecalearning.com/classroom/course/d59d0e60-4fa8-11e8-bbba-738ab127bed6/section/1d948eb0-5aac-11e8-8337-b1fe33357061">https://app.senecalearning.com/classroom/course/d59d0e60-4fa8-11e8-bbba-738ab127bed6/section/1d948eb0-5aac-11e8-8337-b1fe33357061</a></p> <p>Web site: <a href="https://www.ifst.org/lovefoodlovescience/resources">Love food Love Science</a> <a href="https://www.ifst.org/lovefoodlovescience/resources">https://www.ifst.org/lovefoodlovescience/resources</a></p> <p>Revision cards/notes</p>	<ol style="list-style-type: none"> <li>1. Follow 1-4 above</li> <li>2. Application: Try to identify/explain what science has occurred in the preparation of your meal every time you have one.</li> </ol>

# Gosfield School: Food Safety



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Area for Revision	Resources	Strategy
<p><b>Food Safety:</b>  <b>4.1 Food Spoilage &amp; Contamination :</b>                      Micro Organisms, enzymes &amp; Bacterial Contamination</p> <ul style="list-style-type: none"> <li>The micro organisms: yeast, moulds, bacteria &amp; their growth conditions.</li> <li>Enzymes, their activity &amp; role in food spoilage</li> <li>The control of food spoilage</li> </ul>	<p>AQA text book p238-253</p> <p><a href="https://app.senecalearning.com/classroom/course/d59d0e60-4fa8-11e8-bbba-738ab127bed6/section/1d948eb0-5aac-11e8-8337-b1fe33357061">https://app.senecalearning.com/classroom/course/d59d0e60-4fa8-11e8-bbba-738ab127bed6/section/1d948eb0-5aac-11e8-8337-b1fe33357061</a></p> <p>BCC Bitesize Video food safety  <a href="https://www.youtube.com/watch?v=flxmB8NKMzE">https://www.youtube.com/watch?v=flxmB8NKMzE</a></p> <p>Revision cards/notes</p>	<ol style="list-style-type: none"> <li>Look at appropriate section on Seneca to refresh your memory</li> <li>Look through the chapter in your text book or revision guide 'Revise', do you know all the 'Key terms'?</li> <li>Look at your revision cards - do you need to make any more?</li> <li>Try to do the questions in the text book at the end of the appropriate chapter. Or Revision guide 'Practise &amp; Review'.</li> <li>Draw a temperature thermometer highlighting danger zones</li> </ol>
<p><b>Food Safety:</b>  <b>4.1 Food Spoilage &amp; Contamination 2:</b></p> <ul style="list-style-type: none"> <li>The different sources of bacterial contamination</li> <li>The main types of bacteria that cause food poisoning</li> <li>The main sources &amp; methods of control of different types of food poisoning bacteria</li> <li>The general symptoms of food poisoning</li> </ul>	<p>AQA text book p254-261</p> <p><a href="https://app.senecalearning.com/classroom/course/d59d0e60-4fa8-11e8-bbba-738ab127bed6/section/1d948eb0-5aac-11e8-8337-b1fe33357061">https://app.senecalearning.com/classroom/course/d59d0e60-4fa8-11e8-bbba-738ab127bed6/section/1d948eb0-5aac-11e8-8337-b1fe33357061</a></p> <p>BCC Bitesize Video food safety  <a href="https://www.youtube.com/watch?v=flxmB8NKMzE">https://www.youtube.com/watch?v=flxmB8NKMzE</a></p> <p>Revision cards/notes</p>	<ol style="list-style-type: none"> <li>Follow 1-4 above</li> <li>Make a table highlighting each food poisoning bacteria, where it is found and what symptoms you would feel if you ate it.</li> </ol>
<p><b>Food Safety:</b>  <b>4.2 Principles of food safety:</b>  <b>Buying &amp; storing foods</b></p> <ul style="list-style-type: none"> <li>Temperature control when storing foods.</li> </ul> <p><b>Preparing &amp; cooking foods</b></p> <ul style="list-style-type: none"> <li>personal hygiene</li> <li>Clean work surfaces</li> <li>Separate raw &amp; cooked foods &amp; the use of separate utensils</li> <li>Cooking food for the correct time</li> <li>Temperature of food</li> <li>Defrosting &amp; reheating foods</li> <li>High risk foods</li> </ul>	<p>AQA text book p262-276</p> <p><a href="https://app.senecalearning.com/classroom/course/d59d0e60-4fa8-11e8-bbba-738ab127bed6/section/1d948eb0-5aac-11e8-8337-b1fe33357061">https://app.senecalearning.com/classroom/course/d59d0e60-4fa8-11e8-bbba-738ab127bed6/section/1d948eb0-5aac-11e8-8337-b1fe33357061</a></p> <p>BCC Bitesize Video food spoilage</p> <p>Revision cards/notes</p>	<ol style="list-style-type: none"> <li>Follow 1-4 above</li> <li>Draw a fridge and place foods in the appropriate places.</li> <li>Make a spider diagram showing the dangers that might occur at a BBQ</li> </ol>



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