



Gosfield School: Food Preparation & Nutrition

MOCK NOVEMBER

Assessment Overview

- You will be assessed by **one examined paper**
- The paper is 1 hour and 30 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 – Mock November

Food, nutrition and health
Food science
Food safety

The paper will consist of Questions:

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

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

Gosfield School: Food Science

Anticipate Change
Get Ready For
The Cheese To
Move



REVISION GUIDE

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

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