

## Road Map: Food Prep. and Nutrition Key Stage 4



## **Examination Preparation**

Key Stage 5

## Food preparation assessment

Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task. Students will prepare, cook and present a final menu of three dishes within a single period of no more than three hours, planning in advance how this will be achieved.

Year 11

## Food Science investigation

Students' understanding of the working characteristics, functional and chemical properties of ingredients.

What are the different components required for NEA 2?
How can research of a brief be conducted effectively?
How can our skills be developed to create a high skilled dish?
What are the key features of a detailed time plan?
How can dishes be developed?
What is the importance of analysis and evaluation when cooking?

What is the eatwell guide? What are macronutrients? What are micronutrients?

What are the nutritional needs throughout life?
How can energy needs differ throughout life?
How can your diet have an impact on your overall health?
How can health and safety rules be applied to produce a high quality dish?

How can theory and practical knowledge be applied to answer exam questions effectively?

Year 10

Key Stage 3 What are the food safety rules in regards to buying and storing food?

Why is preparation an important factor in food safety?

What are the food safety rules for cooking and storing food?

How can health and safety rules be applied to produce a high quality dish?

What scientific reactions occur through cooking and heat transfer?
What are the functional properties of protein?
What is gluten formation?

What is foam formation and how can it be effected? What are the function and chemical properties of carbohydrates?

What are the functional and chemical properties of fats and oils?

How to raising agents work?
What are the different components of NEA 1?
What are the different factors that affect food choice?
How can a dish be adapted to meet a food choice requirement?

How can food labelling and marketing influence our food choices?

How can health and safety rules be applied to produce a high quality dish?

For additional help and support try visiting: <u>BBC Bitesize</u> or speak to your Food teacher.

See your future in Food...





You will complete two pieces of NEA and sit one externally assessed examination at the end of Year 11.









