



| Food Preparation and Nutrition – Year 11 (3) | | | |
|--|----------|----------|----------|
| Student Checklist – Section A – Multiple choice | | | |
| 1 mark each | R | A | G |
| I can state what the different macronutrients and micronutrients are and their functions in the body | | | |
| I can identify sources of micronutrients and macronutrients | | | |
| I understand the science behind food processing methods including pasteurisation, emulsification, fortification and modification | | | |
| I can state the function of vitamins as well as the impact of different cooking methods on vitamin content | | | |
| I can understand what is meant by the term protein complementation | | | |
| I can state what is meant by the terms 'use by', 'cross contamination' and 'shelf life' | | | |
| I can identify the different types of sugar – monosaccharide, disaccharide, polysaccharide | | | |
| I can state the differences between different processing methods and food sources | | | |
| I understand what is meant by the term food danger zone and core temperature and specify their temperatures | | | |
| I understand the functional and chemical properties of food and different cooking methods | | | |
| I understand the terms aeration, caramelisation, coagulation, dextrinization and enzymic browning | | | |
| I can state the impact of food choice and dietary requirements | | | |
| I understand the different principles of food preparation, storage and safety | | | |



| Student Checklist – Section B – Extended answers | | | |
|--|----------|----------|----------|
| 2-12 marks each | R | A | G |
| I understand and can describe how different factors can influence food choices including religion, diet, preference and economic influences | | | |
| I understand heat transfer, cooking methods and preparation techniques | | | |
| I can explain the influences on food choice, differences between cultural cuisines and examples for each | | | |
| I can explain the terms sustainable, organic, free-range and factors that affect the environment, food production and quality | | | |
| I can describe different dough and sauce making methods and the equipment needed to prepare these | | | |
| I can explain different cooking methods, storing and preparing food safely requirements, food spoilage and contamination | | | |
| I understand and can explain how food safety and hygiene rules should be applied when preparing, cooking, and serving | | | |
| I can explain the chemical and functional properties of ingredients used in recipes | | | |
| I can explain food labels and packaging, the law around labelling food and what should be included on a food label | | | |
| I understand the different health problems and relate these to nutritional needs and diet choices | | | |
| I can explain what the Eatwell Guide and dietary guidelines are including recommended portions, required micronutrients and macronutrients to achieve a healthy, balanced diet | | | |
| I understand the reasons why additives, preservatives are used in food products and why some foods are modified or fortified | | | |
| I understand the chemical properties of food and its uses in different recipes | | | |
| I can explain the impact of food choices on long term health | | | |



| Food Preparation and Nutrition | Link (add revision links- page no or online) |
|--|---|
| Macronutrients https://senecalearning.com/en-GB/ | CGP Red – pages 1 – 6 CGP Purple and black – Pages 1 – 6 Collins - Pages 20 - 22 |
| Micronutrients https://senecalearning.com/en-GB/ | CGP Red – pages 7 – 9 CGP Purple and black – Pages 10 – Collins – Page 24 – 26 |
| Fortification https://senecalearning.com/en-GB/ | CGP Red – Page 66 CGP Purple and black – Pages 95 Collins – Page |
| Water https://senecalearning.com/en-GB/ | CGP Red – pages 10 CGP Purple and black – Pages 13 Collins – page 26 |
| Food safety https://senecalearning.com/en-GB/ | CGP Red – Page 34 – 40 CGP Purple and black – Pages 49 – 55 Collins – Pages 58 – 66 |
| Medical conditions https://senecalearning.com/en-GB/ | CGP Red – pages 14 - 15 CGP Purple and black – Pages 27 – 28 Collins – Page 30 – 31 |
| Food labelling https://senecalearning.com/en-GB/ | CGP Red – 46 – 47 CGP Purple and black – Pages 69 – 70 Collins – Page 82 – 83 |
| Food science https://senecalearning.com/en-GB/ | CGP Red – pages 28 CGP Purple and black – Page 40 Collins – Page 42 - 43 |