



Food Preparation and Nutrition – Year 11 (4)			
Student Checklist – Section A – Multiple choice			
1 mark each	R	A	G
I can state the differences between different processing methods and food sources			
I can state what the different macronutrients and micronutrients are and their functions in the body			
I understand the terms aeration, caramelisation, coagulation, dextrinization, emulsification and enzymic browning			
I can state the importance of food safety and how different bacteria are found or used in food			
I understand the different principles of food preparation, storage and safety			
I can apply my understanding of emulsification and how it affects the outcome of recipes			
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 understand the functional and chemical properties of food and different heat and cooking methods			
I understand what is meant by the term food danger zone and core temperature and specify their temperatures			
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 distinguish between fat-soluble and water-soluble vitamins			



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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 can explain the Eatwell Guide, its contents and how to apply these to eating habits for healthy eating			
I understand heat transfer, cooking methods and preparation techniques and how to improve faults with the outcomes as a result of preparation or recipe contents			
I can explain the terms sustainable, organic, intensive farming, free-range and factors that affect the environment, food production and quality			
I can describe key food processing stages for cheese and wheat and different forms of processing			
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 for sauces, pastry, baking and condiments – like mayonnaise			
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 know what sensory testing is and how it can be undertaken in controlled conditions to avoid bias and get accurate results			
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 different organoleptic sensory qualities and profiles, including how to read sensory star profiles			



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