FOOD



AO1: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation.

AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation.

AO3: Plan, prepare, cook and present dishes, combining appropriate techniques.

AO4: Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others.

NEA 1: Food Investigation NEA 2: Food Preparation **Exam: Food preparation and** Assessment (70 marks) (30 Marks) nutrition (100 marks)

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Food choices (religion, culture, ethical and moral beliefs and medical conditions) Food labelling and marketing influences British and international cuisines Sensory evaluation

Diet, nutrition and health &, how to carry out nutritional analysis

Why food is cooked and how heat is transferred to food Selecting appropriate cooking methods Functional and chemical properties of food

Proteins Fats Carbohydrates Vitamins Minerals & Water Making informed choices for a varied and balanced diet Energy needs

Food Sources Food and the environment Sustainability of food Food production Technological developments associated with better health and food production

Microorganisms and enzymes The signs of food spoilage & microorganisms in food production Bacterial contamination Buying and storing food Preparing, cooking and serving food

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Eatwell Guide and Health conditions



Ingredients and

cooking techniques International cuisine



Digestion Process

Macro and **Micronutients**



Ingredients in





Food science



availability and waste

Food labels

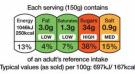
and allergies



Ingredients and food pairing

Seasonal eating





Sugar and food labelling

> Where our food comes from



Eatwell Guide



Eatwell Guide



Function of Energy



Food Safety

