

# 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**  
(30 Marks)

**NEA 2: Food Preparation Assessment**  
(70 marks)

**Exam: Food preparation and nutrition**  
(100 marks)

**YEAR 11**

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

**Eatwell Guide and Health conditions**



**Complex cookery skills and food science**



**Ingredients and cooking techniques**

**British and International cuisine**

**Digestion Process**

**Ingredients in recipes**



**Food science**



**Food choice availability and waste**

**YEAR 9**



**Macro and Micronutrients**



**Ingredients and food pairing**

**Seasonal eating**



Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturates 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake  
Typical values (as sold) per 100g: 697kJ/ 167kcal

**Sugar and food labelling**

**Where our food comes from**



**YEAR 8**



**Eatwell Guide**



**Function of Energy**

**YEAR 7**



**Eatwell Guide**

**Food Safety**

