

Year 11 Mock Revision - Food Preparation and Nutrition

Topics for revision	Re-visit work	Suggested activities
Understand the functional properties of food	<p>functional properties of: starch, sugar, protein and fat; examine the use of: starch to thicken, gel; sugar to flavour, colour, aerate and caramelize; protein to aerate and coagulate; fats to shorten, emulsify;</p> <p>understand how different functional properties of foods/ingredients affect finished products and achieve desired outcomes through product appraisal, investigations and food preparation;</p> <p>understand: gelatinisation: sauce making, elasticity: bread making, shortening: pastry making, aeration: raising agents, cake making, emulsification: salad dressings, coagulation: setting of egg mixtures, flavouring: sweetening agents in desserts/ flavouring and herbs and spices in savoury products e.g. pasta, colouring: fats used in pastry making, setting: gelatine in mousses, fermentation: bread production;</p> <p>understand the terms: binding, bulking, coating, enrobing, enriching, finishing techniques, glazing, palatability, plasticity, sealing, shaping, tenderizing;</p>	<p><i>Use the functions sheet as emailed.</i> <i>Pages 2-21 in the digital text book cover this section 105-139 functions.</i> <i>Read the section in the food preparation and nutrition booklet – digital version email to you with password and user name.</i></p> <p>www.illuminate.digital/aqafood</p> <p><i>Access the test questions on the section in the booklet and watch the videos to increase your understanding and knowledge.</i></p> <p><i>Access past papers on the AQA website for typical questions.</i></p> <p><i>Raising agents Food Preparation and nutrition 104-159</i></p> <p><i>Making in practical sessions record skills, equipment and ingredients.</i></p>
Understand the nutritional properties of food	<p>nutritional properties of ingredients/ food products understanding of the nutritional characteristics of the main nutrients: proteins, fats, carbohydrates – sugars and starches, vitamins and minerals – Vitamins A, B, C and D, Calcium, Iron;</p> <p>have knowledge of nutritional advice. Interpret and apply current nutritional/healthy eating guidelines, e.g. apply the recommendations of the 'Eat well plate', 5 a day, high fibre (NSP);</p> <p>be able to apply the nutritional advice when analysing existing food products. Understand that diets with deficiencies or excesses of</p>	<p>https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf Access the eat well guide to show the balance of required diet to remain healthy. Food preparation and nutrition digital Text book 105-139 & 22-35</p> <p>Balanced diet 38-57 & 70-78 https://www.vegsoc.org/join/make-the-most?utm_source=Paid%20search&utm_campaign=Membership&utm_medium=Google%20ads%20membership&utm_content=benefits&gclid=CJGhrbHC4tECFbcK0wodulqg</p> <p>https://www.allergyuk.org/peanut-and-tree-nut-allergy/peanut-and-tree-nut-allergy</p>

	<p>ingredients have contributed to a product's overall characteristics and its ability to meet a specific need;</p> <p>identify physical, nutritional and sensory characteristics in existing products in order to develop design criteria and generate their own ideas;</p>	
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Product prototype development	<p>identify ways in which a product could be developed; carry out modification and reformulation by changing the type, ratio and proportions of ingredients to meet nutritional/sensory aspects of the specification; work with small quantities to identify the impact of the functions of ingredients on an outcome; use investigations and testing to trial different shapes, sizes, finishes to achieve a high quality outcome which meets the specification; consider different storage methods (chilling, freezing, re-heating) wherever appropriate to identify the impact on the sensory, structural and aesthetic properties of an outcome; demonstrate how availability of ingredients, equipment and processes can alter or determine an end product; use a range of sensory testing methods to carry out rigorous sensory analysis at each stage of development (product profile tests, ranking and rating tests, difference tests).</p>	<p>Food Preparation and nutrition</p> <ul style="list-style-type: none"> • Page 226 food labelling • Pages 188-92 & 196-7 Food safety principles <p>http://explorefood.foodafactoflife.org.uk/</p> <p>use practical planning sheets and work completed for your controlled assessment folder</p>
Labelling, packaging, product information and codes of practice	<p>use current labelling requirements to read, understand and use information on packaging and food labels and apply these to their own products;</p> <p>understand that legislation governs the statutory and non-statutory content and layout for food labels;</p> <p>understand and demonstrate the requirements for conveying product information to the consumer including, where necessary, information about accompaniments;</p> <p>use nutritional software to analyse the nutritional content of the final prototype;</p> <p>understand the reasons why food may be packaged in different forms to extend shelf life;</p>	<p>Pages 220-236 Food preparation and nutrition</p> <p>http://explorefood.foodafactoflife.org.uk/</p> <p>https://www.gov.uk/food-labelling-and-packaging/overview</p> <p>http://tna.europarchive.org/20120419000433/http://www.food.gov.uk/multimedia/pdfs/publication/foodtrafficlight1107.pdf</p>

<p>The impact and effect of using a range of different equipment to produce food items of quality and consistency</p>	<p>Demonstrate safe and hygienic use of a range of hand, mechanical and electrical equipment to ensure quality, e.g. cutters for uniformity of biscuits, temperature probe, e.g. cooking of high risk foods, consistency of outcome, e.g. food processor for slicing vegetables reduce time and effort: e.g. hand blender for soup, dough hook for bread;</p> <p>Apply knowledge and understanding to select the most appropriate equipment and healthier cooking methods for food outcomes: e.g. steamers for vegetables, microwave for retention of vitamins;</p> <p>Match equipment to desired outcomes within the preparation of ingredients and the production of different mixtures such as cakes, pastries, breads, sauces, decorations, purees, etc;</p>	<p>Information gained from practical sessions</p>
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Storage of Food and Food Products	<p>Understand the need for different types of equipment and temperatures for the storage of food including chilling (0–5°C), freezing (-18°C), re-heating (72°C) and ambient conditions (room temperature);</p> <p>Explain and understand the importance of critical storage temperatures;</p> <p>Use and understand different ways of monitoring temperature: e.g. the purpose and use of temperature probes, thermometers;</p> <p>Understand the reasons for changes which occur in ingredients and foods during their preparation and storage, e.g. investigate the effects of chilling and freezing on different foods;</p> <p>Understand the need for and apply appropriate hygiene and safety procedures: to ensure safe food handling techniques at all stages from raw material to product/outcome;</p> <p>Consider food safety and hygiene when purchasing, storing, preparing, cooking and serving food: cross contamination, use by date, best before date, high risk food, cross contamination, danger zone;</p> <p>Understand the risks posed by physical, chemical and biological contamination, e.g. symptoms of food poisoning;</p> <p>Have an awareness of the reasons why food may be packaged in different forms to extend shelf life, including the use of new technologies such as nanotechnology;</p>	<p>Food Preparation and nutrition</p> <ul style="list-style-type: none"> • Page 226 food labelling • Pages 188-92 & 196-7 Food safety principles • Pages 78, 158, 160 – high risk foods • Pages 171-81 Food Preparation and nutrition – bacteria • Page 174 cross contamination
Manufacturing/Large Scale Production Requirements	<p>Understand different commercial methods of food production including: one off, batch, mass, continuous flow;</p> <p>Show an understanding of how CAD and CAM can be used within food manufacturing;</p>	<p>Pages 292 Food Preparation and nutrition - control</p>

	Explore/examine how quality control checks are used to produce consistent food products; Examine how control checks can prevent problems in food production.	
Monday Exam 1pm		