

Eduqas Food Preparation and Nutrition

Exam	Duration		% of GCSE	Topics/ content
Food Preparation and Nutrition	1 hour 45 minutes	Section A: questions based on stimulus material. Section B: structured, short and extended response questions to assess content related to food preparation and nutrition	50%	Food, Nutrition and Health Food Science Food Safety Food Choice Food Provenance
NEA 2	20 hours		50%	Food Preparation – Students plan, prepare, cook and present a three-course menu in three hours.

Before revising, students should complete personal learning checklists for their subjects. These ask students to RAG rate both the topics/ content of their exams and also the skills they are required to use. Doing this will help them to identify priorities and make effective use of their revision time.

Topic (what I need to know) Food, Nutrition and Health	R	A	G
Eat Well Guide: Importance. How it is made up. Knowledge of each section: Fruit and Vegetables. Starchy Carbohydrates. Dairy and Alternatives Protein and Alternatives. Fats and Oils.			
Dietary Guidelines for Healthy Eating: Reasons for: Eat Breakfast. Drinking 6-8 glasses of water. Cut down on saturated fat and sugary foods. Eating less than 6g of salt a day. Base meals on starchy carbohydrate Eating lots of fruit and vegetables. Get active and be a healthy weight.			
Macronutrients: Understand sources and functions of protein, carbohydrate and fats Sources – which foods provides the nutrient? E.g meat provides protein. Function - What does that nutrient do in the body? E.g. protein helps the body grow and repair.			
Micronutrients: Understand sources and functions of fat soluble vitamins, A, D, E, and K			
Micronutrients: Understand sources and functions of water soluble vitamins, B1, B2, B3, B9, B12, and Vitamin C			
Micronutrients:			

Understand sources and functions of minerals, Calcium, Iron, Sodium, Fluoride, Iodine, Phosphorus			
Other: Understand the contribution of water and dietary fibre to the diet.			
Meal planning: Understand the nutritional requirements of different age groups. Understand how to plan meals for different diets: Lacto-ovo vegetarian, lacto vegetarian, vegan, coeliac, lactose intolerant			
Nutritional Analysis: Be able to use a computer programme to carry out a nutritional analysis. Most foods contain more than one nutrient. Nutritional Analysis means finding out how much of each nutrient is in a quantity of food.			

Topic (what I need to know) Food Science	R	A	G
Cooking of food and heat transfer: Why is food cooked? How is heat transferred? Convection, Conduction and Radiation.			
Cooking methods: Moist methods using water. Boiling, Braising, Poaching, Simmering, Steaming, Stewing.			
Cooking methods: Methods using oil. Sauteing, Shallow pan frying, Roasting, Deep fat frying			
Cooking methods: Dry heat transfer. Baking, Grilling, Toasting, Dry frying			
Cooking methods: Microwaving			
Protein: Denaturation (chains of amino acids are broken down) Coagulation (trapping air or water e.g. eggs scrambled, , Gluten formation (Breadmaking). Foams (Whisking, meringues and swiss roll)			
Carbohydrate: Sauce-making gelatinisation, Dextrinisation (browning of dry foods e.g. toast) and caramelisation in sugar (sugar plus liquid when heated turns to syrup, gets thicker and changes colour)			
Fats:			

Plasticity (spreadable) Shortening (when rubbing-in) Aerate (trap air in cake-making) Emulsification (oil and water don't mix, need an emulsifier e.g. egg yolk to help mix to an emulsification)			
Raising Agents: Mechanical, Whisking in air Folding in air Using steam. Beating eggs Chemical Examples of when raising agents are used. Baking powder, Bicarbonate of soda Cream of tartar Biological Production of CO ₂ – through activation of Yeast			

Topic (what I need to know) Food Safety	R	A	G
Micro-organisms: Bacteria, What are they? Where do they come from? What they do to food? What makes them grow and multiply? Why they make food unsafe and unfit to eat?			
Enzymes: What are they? Where do they come from? What they do to food? What makes them work? Why they change food and make it unfit to eat?			
Moulds: What are they? Where do they come from? What do they do to food to make it unsafe and unfit to eat? What makes them grow and multiply			
Yeasts: What are they? Where do they come from? What do they do to food to make it unsafe and unfit to eat? What makes them grow and multiply			
Micro-organisms in Food Production: Yeast in Bread-making Bacteria in cheese and yogurt making			
Bacteria and Food Poisoning: What is food poisoning? Symptoms of food poisoning. Why bacteria cause food poisoning. The most common type of bacteria that can cause food poisoning.			

High-risk foods. What makes bacteria grow. and multiply			
Food Poisoning Bacteria: Campylobacter Escherichia Coli Salmonella Listeria Staphylococcus Aureus.			
Buying and Storing Food: Where food is bought What to look for when buying food. What to look for when buying fresh fish and meat. Why should food be stored properly? Dry food storage. Refrigerated food storage. Frozen food storage.			
Food Safety Rules and Cross-Contamination: Preventing cross-contamination Food and Cooking: 75c to kill bacteria. Temperature probe. Danger Zone 5 – 63c			

Topic (what I need to know) Food Choice	R	A	G
Factors affecting what we eat: Life Stage Physical Activity Level (PAL) Lifestyle, Income, Availability, Occasion, Eating habits.			
Diet, Nutrition and Health: How what we eat affects our health. How diet related diseases develop.			
Religious dietary laws: Buddhism Christianity Hinduism Islam Judaism Rastafariansim, Sikhism			
Ethical and Moral Choices: Animal Welfare, Organic Food, Genetically Modified Food, Fairtrade, Buying local			

Food Intolerance: Symptoms of food intolerance, Lactose Intolerance, Coeliac Disease (gluten intolerance)			
Food Allergies: How does the body react if a person has a food allergy? Note the difference between allergy and intolerance. Allergens.			
Food Labelling and Marketing: Reasons for food labelling. What must go on a food label. Traffic Light Food Labelling Types of Food Marketing			
British and International Cuisine: Influence of traditional cuisines around the world. How they affect food choice, ingredients, preparation.			
Sensory Evaluation: How the senses influence food choice. Sensory testing methods. Avoiding bias in testing			

Topic (what I need to know) Food Provenance and Production	R	A	G
Food Provenance: How plant foods are grown - Intensive and Organic methods. How animal foods are reared – Intensive and Organic methods. Hunting and gathering food from the wild.			
Genetically Modified: Food (GM) Pros and Cons of GM Food.			
Seasonal Foods: What does seasonality mean? Advantages of using foods in season.			
Environmental Issues associated with Food Production: Production. Processing and Manufacture. Packaging. Transportation.			
The Carbon Footprint of Food: Packaging Food Waste			
Food Security and Sustainability: What do the terms mean? Examples of food security and sustainability.			
Food Processing: Primary Processing Secondary Processing. Examples of Primary and Secondary Processing.			
Nutritional Modification and Fortification: Why do we fortify or modify foods? The use of additives in Food			