

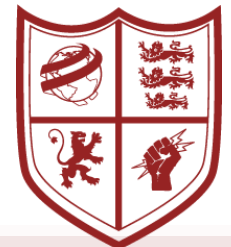
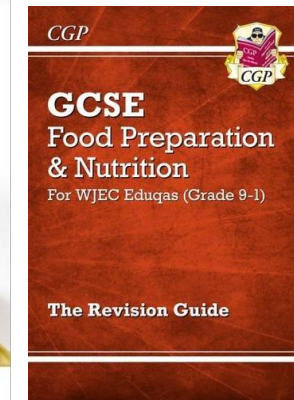
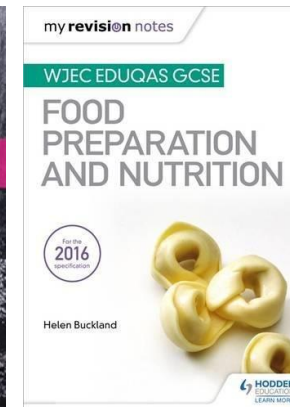
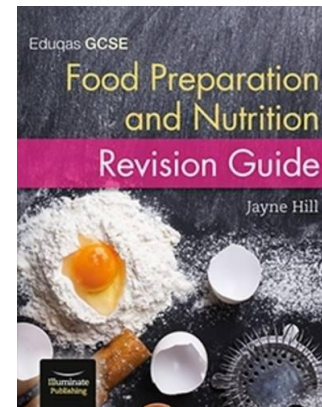


**Stretford**  
Grammar School  
*Aspirat primo fortuna labori*

# Food Preparation and Nutrition

# Food Preparation and Nutrition GCSE course content

- Food Commodities
- Principles of Nutrition
- Diet and Good Health
- The Science of Food
- Where food comes from
- Cooking and food preparation

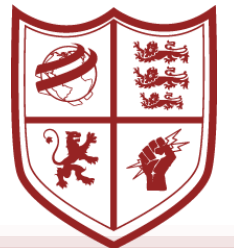


# Course content explained further

In year 10 each half term is split into the following food commodities:

- Cereals
- Fruit and Vegetables
- Milk, Cheese and Yoghurt
- Meat, Poultry, Fish and Eggs
- Beans, Nuts and Seeds, Soya, Tofu and Mycoprotein
- Butter, Oil, Margarine, Sugar and Syrup

1. Principles of nutrition – *Macronutrients and Micronutrients*
2. Diet and good health – *Energy requirements of individuals and planning balanced diets*
3. The science of food – *The effect of cooking on food and Food Spoilage*
4. Where food comes from – *Food provenance and manufacturing*
5. Cooking and food preparation – *Factors affecting food choice and preparation and cooking techniques*



# How is it taught?



You will have 5 lessons over the two week timetable:

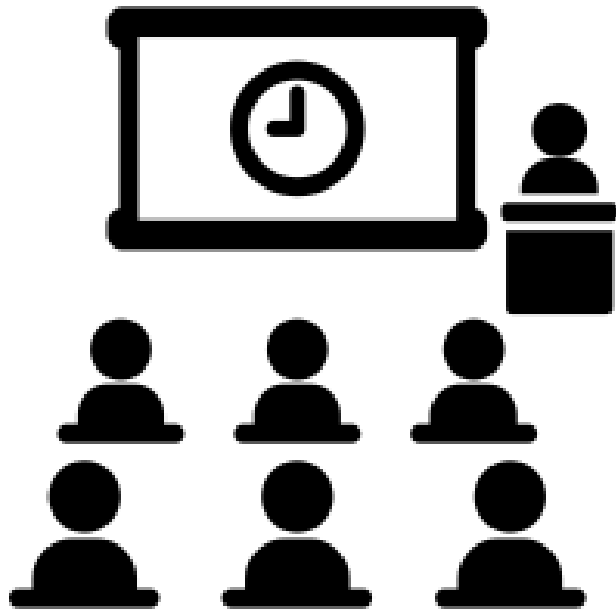
- 2 lessons is usually a double where you are required to provide the ingredients
- 1 lesson is usually a food science investigation where school will provide the ingredients
- 2 lessons will be theory based covering the course content



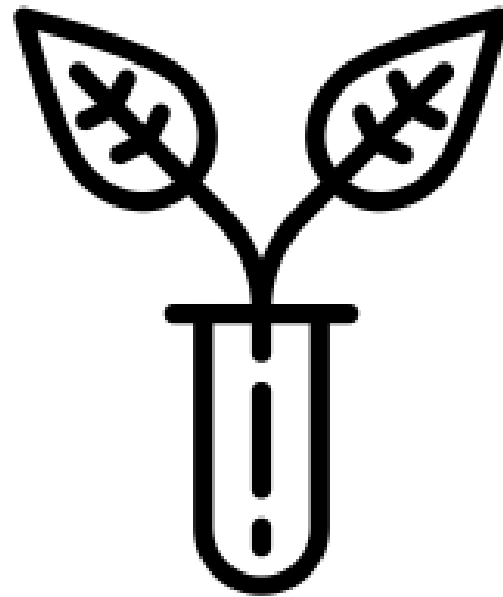
# How will you be assessed?

## During year 11

50% written exam



15% Food Investigation (NEA 1)



35% Food Preparation (NEA 2)



# Written exam (50%)

- **EXAM: 1 Paper: Food preparation and nutrition**

**Applying the** Theoretical knowledge of food preparation and nutrition from subject content.

## **Questions:**

- Section A: questions based on visual stimulus
  - Section B: Structured, short and extended response questions to assess content related to food preparation and nutrition
- 
- 100 marks in total
  - 50% of the GCSE




# Example of NEA 1 – Food Investigation (15%)

Provided by Eduqas

## TASK:

Shortcrust pastry should be crisp to the bite and crumbly in the mouth. It can be prepared using a range of different ingredients. Investigate the working characteristics and the functional and chemical properties where appropriate of the different ingredients needed to achieve a perfect shortcrust pastry.

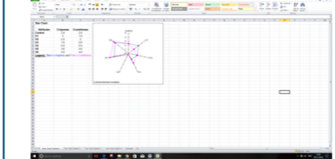


**Food Investigation Task (15%)** 30 marks

**Comments:**  
Crispness was measured by tasting, and judging the mouth feel  
Crumbiness was judged by breaking the pastry up by hand, and feeling how easy or difficult it was to break.

It was difficult to separate the senses of *crispness* from *toughness* when tasting the pastry. A sample which scored highly on crispness was not necessarily a good result – as tasters were judging crispness and toughness as the same thing.

*Star diagram to show crispness and crumbiness between all samples*



**Overall preference:**  
I asked my tasters to rank which pastry sample they preferred just on how crisp and tender it was in the mouth:

	T1	T2	T3	T4	T5
Control	1 <sup>st</sup>	2 <sup>nd</sup>	1 <sup>st</sup>	1 <sup>st</sup>	2 <sup>nd</sup>
V1	2 <sup>nd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	2 <sup>nd</sup>	1 <sup>st</sup>
V2	3 <sup>rd</sup>	4 <sup>th</sup>	3 <sup>rd</sup>	3 <sup>rd</sup>	3 <sup>rd</sup>
V3	5 <sup>th</sup>	5 <sup>th</sup>	5 <sup>th</sup>	5 <sup>th</sup>	5 <sup>th</sup>
V4	7 <sup>th</sup>	6 <sup>th</sup>	6 <sup>th</sup>	6 <sup>th</sup>	6 <sup>th</sup>
V5	4 <sup>th</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	4 <sup>th</sup>	4 <sup>th</sup>
V6	6 <sup>th</sup>	7 <sup>th</sup>	7 <sup>th</sup>	7 <sup>th</sup>	7 <sup>th</sup>

*(V is variation and T is taster)*

**Observations:**

- Butter was much harder to "rub in" than the other fats.
- The sunflower oil required no water – the mix formed a dough without water. The pastry was very soft and I could not roll it out easily.
- The lard had a specific aroma – it was not pleasant and was commented upon by my tasters.

**Reliability of my results**  
I believe my results are reliable – I made the samples in one session, using the same ingredients, equipment and so on. I used digital scales and timer to ensure accuracy and all samples were baked on the same baking sheet. I used 40g of dough for each disc so that I got the same thickness (as thickness would affect degree of bake and so the crispness).  
There may have been a variation in baking temperature (due to "hot spots" in the oven) but if I repeated the same experiment 2 or 3 more times and then took an average I would achieve an even more accurate set of

**Structure**  
(on each page)

**Investigation 1**

**Aim:**

**Investigation:**

**Recipe and variations:**  
My control recipe will be:  
50g plain flour, pinch of salt, 25 fat (12.5g butter and 12.5g vegetable shortening)

My variations are:  
V1: 25g butter  
V2: 25g vegetable shortening  
V3: 25g lard  
V4: 25g sunflower oil  
V5: 25g hard margarine  
V6: 25g low fat spread

**My method is:**


- Sift the flour and salt into the mixing bowl.
- Rub in the fat, until the mixture resembles breadcrumbs.
- Add approx. ½ tablespoon (7ml) of very cold water to the mixture. Mix to a firm dough, firstly with the tablespoon, and finally with one hand.
- Chill, wrapped in cling film for 30 mins.
- Pre-heat the oven to 180°C fan.
- Lightly flour work surface and roll out the pastry.
- Cut out circle using pastry cutter and place on baking tray, labelling clearly.
- Bake for 12 mins.
- Allow the baked pastry to cool, then taste.

**Equipment**  
Weighing scales, baking tray lined with greaseproof paper, marker pen, mixing bowl, sieve, measuring jug, tablespoon, flour dredger, rolling pin, pastry cutter, palette knife, oven gloves, digital timer.


**The Food Investigation Assessment (15%)**

Recommended time for the assessment	8 hours
Word/page guidance	1500-2000 words (plus charts, graphs and photographs)


**Ingredients:**




Pastry before putting into oven, if you look at V4 (sunflower oil) you will see it looks much softer than the other samples.



Pastry before cooking:




Pastry after cooking:



**Results:**  
5 being highest degree of crispness / crumbiness  
(T means Taster)

	How crisp is the pastry?					AVERAGE	How crumbly is the pastry?					AVERAGE
	T1	T2	T3	T4	T5		T1	T2	T3	T4	T5	
Control	2	2	3	3	2	2.4	3	2	3	2	2	2.4
V1	3	3	3	3	3	3	1	2	1	2	2	1.6
V2	2	2	2	3	2	2.2	2	2	2	2	2	2
V3	2	1	2	1	2	1.6	3	3	2	3	2	2.6
V4	0	1	1	0	0	0.4	0	0	1	1	0	0.4
V5	4	4	3	4	3	3.6	5	4	4	4	5	4.6
V6	5	4	4	4	4	4.2	5	4	5	4	5	4.6



# Example of NEA 2 – Food Preparation (35%)

Provided by Eduqas

TASK:

A local restaurant is holding an “international week” Research, prepare and cook 3 dishes (with accompaniments, if appropriate) that could be served on a themed menu to promote the cuisine of a specific country or region your technical skills and meet the new menu requirements

**NEA 1 GCSE Food Preparation and Nutrition Food Preparation Assessment overview**

Activity	Time aprx	Mark	Success criteria
<b>RESEARCH</b>			
<ul style="list-style-type: none"> <li>Task analysis</li> <li>Research theme</li> <li>choice of possible dishes</li> <li>Trialling dishes</li> <li>Compare your chosen dishes with existing products</li> <li>Time plan</li> </ul>			
<b>PRACTICAL SESSION</b>			
<b>EVALUATION</b>			
<ul style="list-style-type: none"> <li>What went well?</li> <li>What skills did you show?</li> <li>What adaptations did you need to make?</li> <li>What did people think of your dishes?</li> <li>What would you do differently?</li> </ul>	2 hr	10 Marks	

**Section A Investigate and plan the task**

**Definition:** International cuisine is a set of cooking traditions found throughout the world. It is influenced by religion, tourism, advertisement, immigration and importation. Religious laws exercise strong influence on international cuisines.

- British:
  - Fish and chips
  - Toad in the hole
  - Fish pie
  - Eton mess
  - Trifle
- Spain:
  - Paella
  - Tortilla

My shopping survey showed that there are lots of international ready meals Supermarkets but I think there are more Italian, Chinese and Indian than speaking to people who eat them they are not as good as the real thing. I think that I will chose Italy or India for my task.

**What affects and promotes international cuisine.**

There is many different ways in which international cuisine is promoted and affected. Firstly tourism, people will go on holiday and try cuisine, which will then influence them to cook the food or go to a restaurant when back home to their own country. This is then passed on sometimes, as people will share their findings on new cuisine.

Secondly advertisement, for example, TV, Ads, magazines, paper, programmes, an example for this is Paris, lives in France therefore cooks French food. Another example is tv adverts and domino pasta sauce from Italy, another well know brand of food. tv. is uncle bens, which included a wide range of food.

Another is importation countries. Another way will move to another place takeaways, which is shared in other countries cuisine.

**Japan**

**Food grown there:**

- Rice
- Barley
- Soya beans
- Sweet potatoe
- Tea
- Citrus fruits

**What food they eat:**

- Fresh fish
- Seafood
- Seaweed
- Soup
- Rice

**La farola**

- Prezzo
- Wing wa
- Mae ping
- Xquisite
- nizam

Other (2,088) 9%

Chinese (1,890) 7%

Black (2,271) 11%

Mixed (6,323) 25%

From the pie chart above we can see that the largest ethnic group in our (12,511) people, the next biggest group is Mixed (6,323) then Chinese, 2 people make up the rest of the population in our area.

**Conclusion of research**

After looking at all my research I have decided to look at Italian Cuisine. I think shows the most skills and my family prefer it to Spanish, also we have Italian dishes in school, so I feel I know what I am doing.

**Introduction: This slide shows us the shopping and requisitions list**

Requisitions	Lasagne	Panna	Bread	TOTAL
<b>Fruit and Vegetables</b>				
Onion	2			2
Garlic	2			2
Carrot	2			2
Tomato	2			2
Onion (White Sauce)	2			2
Chopped Tomatoes	2.400			0
Marjoram		350		350
<b>Meat, Poultry, Fish</b>				
Beef Mince	500			500
Bacon	2			2
<b>Dairy</b>				
Egg York	1			1
Milk	300	230		750
Butter	35		230	365
Parmesan Cheese	10	240		250
Double Cream			250	250
<b>Rice, Cereals, Grains</b>				
Pan Flour	100			140
Pan Flour (White Sauce)	25			45
Strong White Bread Flour			250	250
Yeast			10	10
<b>Spices</b>				
Spice Blend	175			175
Sugar	40			40
Long Sugar		40		40
<b>Other</b>				
Gelatine Leaves	2			2
Vanilla pod	1		300	41
Water				
Mint				

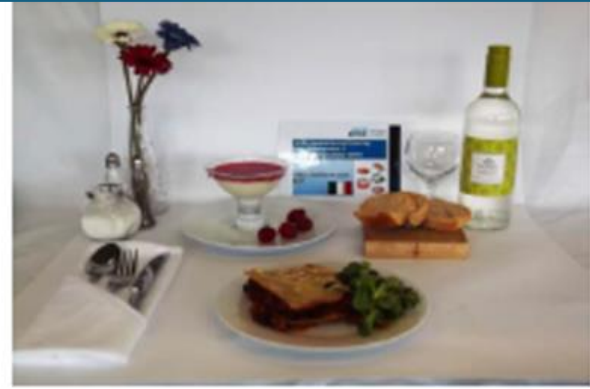
**Equipment**

Requisitions	Lasagne	Panna Cotta
Bowl	1	1
Wooden Spoon	1	0
Sauce Pan	1	1
Oven Tray	0	0
Tin Opener	1	0
Knife	1	1
Sieve	0	1
Jug	0	1
Scissors	0	1
Cooling Rack	1	0

**Order of Work**

**Introduction: These next two slides show my order of work for my exam**

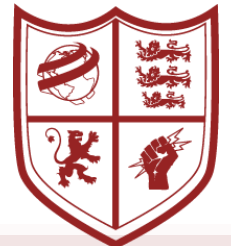
TIME	DISH 1:	DISH 2:	DISH 3:	SPECIAL CHECKS
09:00	Prepare all ingredients and my work area, wash my hands, tie hair up and put on apron.	Prepare all ingredients and my work area, wash my hands, tie hair up and put on apron.	Prepare all ingredients and my work area, wash my hands, tie hair up and put on apron.	Mise-en-place, get myself, my equipment and my ingredients prepared.
09:15	Make the pasta by mixing the flour and eggs together.			Make sure area is clean.
09:20	Bring dough together then put in the fridge for 30 minutes.			Wash hands after brought the dough together.
09:25	Finely slice bacon and chop onions, garlic and carrots. Put in large saucepan on medium heat, until softened.	Soak the gelatine leaves in cold water until soft.		Don't cross contaminate food.
09:30	Stir in minced meat and tinned tomatoes. Fill one empty can with water and add to the pan.			Keep meat and vegetables apart.
09:35	Turn heat down for 30-1 hour.			
09:40				
09:45				
09:50	Take pasta out of			
09:55	Knead the pasta the machine to make sheets and leave 10 minutes.			
10:00	Melt the butter on then mix the flour the milk.			



**All My Dishes Together**

**The Food Preparation Assessment (35%)**

Recommended time for the assessment	12 hours (incl. 3hr practical assessment)
Word/page guidance	15 pages (30 sides) of A4 (plus charts, graphs and photographs)

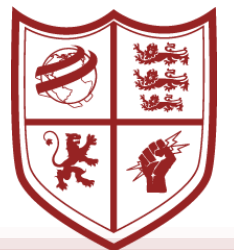
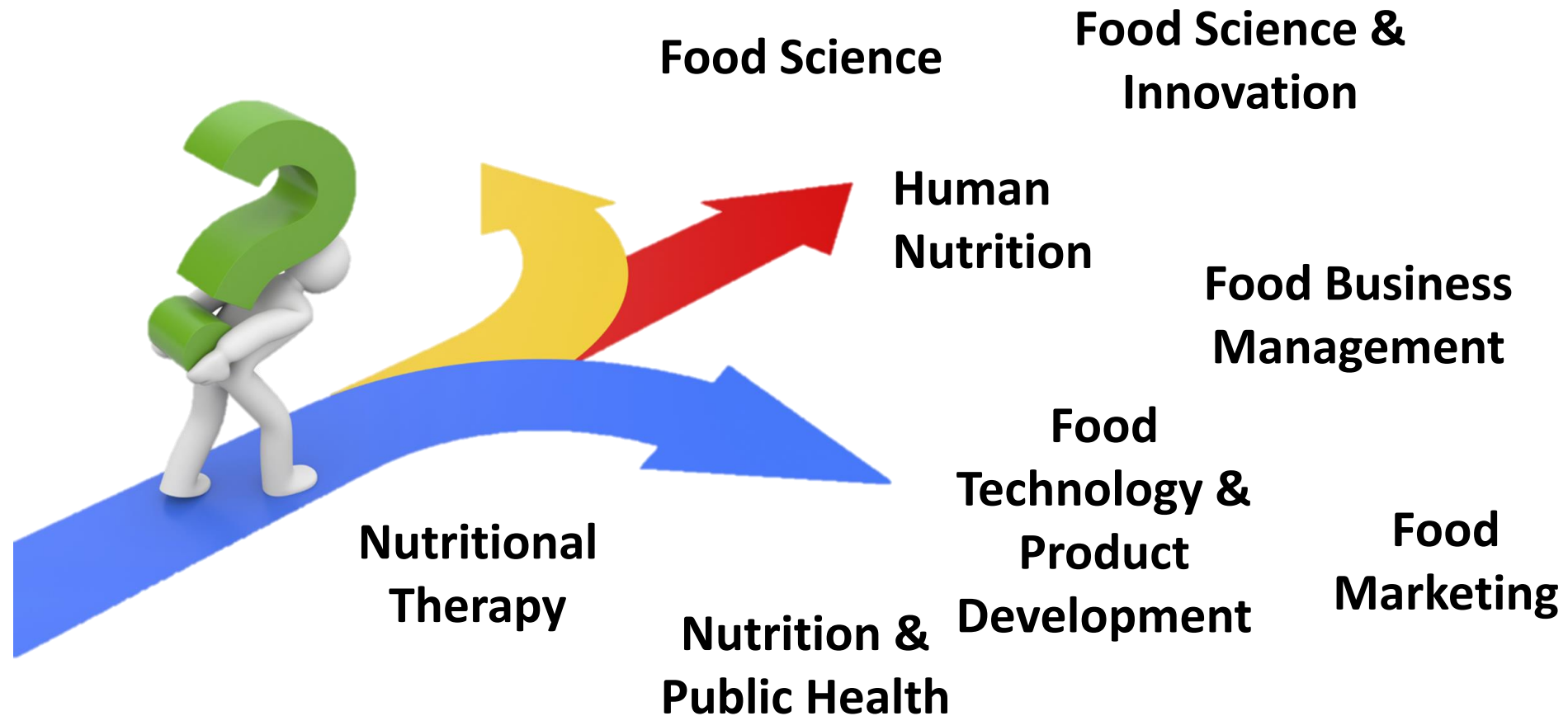




# Dishes made by previous students



# Where could it take you for university?



# Where could it take you for a career?



- Clinical Dietetics
- Food and Nutrition Management
- Food menu and recipe development
- Media and Food Journalism
- Public Health Nutrition
- Education and Research
- Consultant/Private Practice
- Business and Industry
- International Food Organisations
- Public Policy/Government
- Food Product Development
- Biochemist
- Food Manufacturer
- Food Buyer
- Nutritionist
- Catering Industry
- Food Microbiologist



# Questions

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