

Design Technology - Food

Unit 1 – Principles of Food Preparation and Nutrition

Students will study the following:

- The nutritional value of each food group
- The characteristic of each food group
- Physical and chemical changes in each food group
- Macronutrients and Micronutrients
- The Dietary Value of food groups
- The energy requirements of individuals
- Planning a Balanced Diet
- The Nutritional Values of Recipes, Meals and Diets
- The Effect of Cooking on Food
- Food Spoilage
- Food Provenance
- Food Manufacturing
- Preparation and Cooking Techniques
- Developing Recipes and Meals

Unit 2 – Food Preparation and Nutrition in Action

This is a non-examination assessment component of two assessments set by the examination board. Students will choose from two tasks for each assessment.

Assessment 1 – Food Investigation

- Research and plan a task
- Investigate the chemical properties of ingredients
- Produce a report evidencing the key assessment objectives
- Either Shortcrust Pastry or Thickening a Sauce

Assessment 2 – Food Preparation

- Plan, prepare and cook a selection of dishes – three in a single session
- Produce a folio of evidence related to the dishes
- For example – a range of international foods or a healthy diet for a child