

Food and Nutrition (GCSE)

Welcome to the Food and Nutrition Therapies. Please follow the links in the Therapy section below to access the resources.

The areas of development are:	Therapy
<ul style="list-style-type: none"> selecting and using a variety of equipment when manufacturing dishes (Skill 1, 4 and 6) 	<ul style="list-style-type: none"> build on this at home by using different equipment as well as in follow-on practical lessons to familiarise yourself with different equipment and their uses
<ul style="list-style-type: none"> carrying out a number of knife skills when preparing fruits, vegetables, meats and fish (Skills 2 and 3) 	<ul style="list-style-type: none"> practise knife techniques at home and in practical lessons to prepare for final NEA task watch the video How to fillet a mackerel - BBC GoodFood.com read the Hodder Food Preparation and Nutrition textbook, page 16/17 for tips on filleting a chicken read the Hodder Food Preparation and Nutrition textbook, page 15 for tips on vegetable cuts
<ul style="list-style-type: none"> understanding the various methods of cooking food (Skill 6) 	<ul style="list-style-type: none"> read the Hodder Food Preparation and Nutrition textbook, pages 48 - 55: Skill 6 - Cooking Methods read the CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 24 - 27
<ul style="list-style-type: none"> applying the skills of combining and shaping ingredients when manufacturing dishes (Skill 7) 	<ul style="list-style-type: none"> practise various combining and shaping techniques during practical lessons. Develop these skills through practise at home to prepare for final NEA task
<ul style="list-style-type: none"> understanding the various techniques that can be used to make a sauce (Skill 8) 	<ul style="list-style-type: none"> Hodder Food Preparation and Nutrition textbook, page 64 - 71 CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 73 AQA GCSE Food Preparation and Nutrition by Anita Tull, page 222 - 226
<ul style="list-style-type: none"> understanding the processes of tenderising and marinating (Skill 9) 	<ul style="list-style-type: none"> Hodder Food Preparation and Nutrition textbook, page 72 - 75 CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 73
<ul style="list-style-type: none"> using technical skills to make, shape and finish dough-based products (Skill 10) 	<ul style="list-style-type: none"> practise making various doughs in practical lessons (including bread, pasta and pastry). This can also be developed at home to prepare for final practical NEA task
<ul style="list-style-type: none"> understanding the ingredients and processes used as raising agents (Skill 11) 	<ul style="list-style-type: none"> Hodder Food Preparation and Nutrition textbook, page 88 - 94 CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 32

	<ul style="list-style-type: none"> • AQA GCSE Food Preparation and Nutrition by Anita Tull, page 175 - 179
<ul style="list-style-type: none"> • understanding the processes used to set ingredients (Skill 12) 	<ul style="list-style-type: none"> • Hodder Food Preparation and Nutrition textbook, page 96 - 97 • CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 75
<ul style="list-style-type: none"> • understanding the function, sources and effects of the macronutrients; protein, fats and carbohydrates 	<ul style="list-style-type: none"> • Hodder Food Preparation and Nutrition textbook, Section 2: Food, Nutrition and Health, page 100 - 117 • CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 1 - 6 • use practice exam questions on the topic to prepare for the external exam (specimen materials are available on the AQA website or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher) • GCSEPod
<ul style="list-style-type: none"> • understanding the functions, sources and effects of the micronutrients; vitamins, minerals and water 	<ul style="list-style-type: none"> • Hodder Food Preparation and Nutrition textbook, Topic 2.2 Micronutrients, page 118 - 144 • CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 7 - 10 • use practice exam questions on the topic to prepare for the external exam (specimen materials are available on the AQA website or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher)
<ul style="list-style-type: none"> • appreciating the current guidelines for a healthy diet, and applying knowledge to create balanced meals for specific groups of people 	<ul style="list-style-type: none"> • CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 11 - 13 • Examining Food and Nutrition for GCSE by Jenny Ridgewell, page 48 - 77 • Hodder Food Preparation and Nutrition textbook, page 145 - 165 • use practice exam questions on the topic to prepare for the external exam (specimen materials are available on the AQA website or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher)
<ul style="list-style-type: none"> • understanding how diet can affect health and recognising the major diet-related health risks 	<ul style="list-style-type: none"> • Hodder Food Preparation and Nutrition textbook, page 176 - 188 • CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 14 - 15 • use practice exam questions on the topic to prepare for the external exam (specimen materials are available on the AQA website or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher) • explore The British Nutrition Foundation website
<ul style="list-style-type: none"> • appreciating why food is cooked and selecting appropriate cooking methods 	<ul style="list-style-type: none"> • Hodder Food Preparation and Nutrition textbook, page 192 - 205

	<ul style="list-style-type: none"> • AQA GCSE Food Preparation and Nutrition by Anita Tull, page 124 - 127 • use practice exam questions on the topic to prepare for the external exam (specimen materials are available on the AQA website or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher)
<ul style="list-style-type: none"> • understanding the functional and chemical properties of food and the scientific principles that alter the working characteristics during the manufacture of dishes 	<ul style="list-style-type: none"> • CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 28 - 32 • use practice exam questions on the topic to prepare for the external exam (specimen materials are available on the AQA website or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher)
<ul style="list-style-type: none"> • identifying the conditions required for micro-organisms to cause food spoilage, especially in high-risk foods and to explain how they can be controlled 	<ul style="list-style-type: none"> • CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 34 - 35 • use practice exam questions on the topic to prepare for the external exam (specimen materials are available on the AQA website or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher) • Hodder Food Preparation and Nutrition textbook, Section 4 Topic 4.1
<ul style="list-style-type: none"> • identifying the bacteria that cause food poisoning and explaining how to prevent their spread 	<ul style="list-style-type: none"> • CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 39 • Hodder Food Preparation and Nutrition textbook, Section 4 Topic 4.1 • use practice exam questions on the topic to prepare for the external exam (specimen materials are available on the AQA website or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher)
<ul style="list-style-type: none"> • explaining the food safety principles to be observed when buying, storing, cooking and serving food 	<ul style="list-style-type: none"> • CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 36 - 38 • Hodder Food Preparation and Nutrition textbook, Section 4 Topic 4.2 • use practice exam questions on the topic to prepare for the external exam (specimen materials are available on the AQA website or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher)
<ul style="list-style-type: none"> • recognising and understanding the variety of food labelling systems and the impact of marketing on food choice 	<ul style="list-style-type: none"> • CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 46 - 47 • Hodder Food Preparation and Nutrition textbook, Section 5 Topic 5.4 • use practice exam questions on the topic to prepare for the external exam (specimen materials are available on the AQA website or ask your teacher for a

	<p>copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher)</p> <ul style="list-style-type: none"> • explore the Foods Standards Agency website
<ul style="list-style-type: none"> • exploring the factors that influence food choice; including nutritional analysis, different cuisines and sensory evaluation 	<ul style="list-style-type: none"> • CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 42 - 53 • Hodder Food Preparation and Nutrition textbook, Section 5 Topic 5.1, 5.2, 5.3 • use practice exam questions on the topic to prepare for the external exam (specimen materials are available on the AQA website or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher)
<ul style="list-style-type: none"> • appreciating where, and how, ingredients are grown or reared and describing what environmental issues are associated with food production 	<ul style="list-style-type: none"> • CGP AQA GCSE Food Preparation and Nutrition Revision Guide, page 55 - 67 • Hodder Food Preparation and Nutrition textbook, Section 6 • use practice exam questions on the topic to prepare for the external exam (specimen materials are available on the AQA website or ask your teacher for a copy. Exam questions can also be found within the CGP Revision Guide (copies available from your teacher) • see the BBC Bitesize website: Design and Technology - Food Technology - Social and environmental issues

[Return to Y10 Therapies Homepage](#)