

Food Preparation and Nutrition: NEA 1 | Year 11

Keywords

Research: the systematic investigation into and study of materials and sources in order to establish facts and reach new conclusions. Both primary and secondary

Secondary Research – Gathering existing data which has been produced by someone else. This can be using the internet via websites with educational articles, videos and lectures such as TED talks. It is important that you don't just cut and paste information as this is known as 'plagiarism' and illegal.

Justification - the action of showing something to be right or reasonable and explanations to back up your findings.

Mind Map – This is a method of documenting ideas. Sometimes this method allows the brain to be more creative with information than simply writing a list. In a mind map there is usually a central part (e.g the task) and then Ideas can be categorised using branches or bubbles. PG 294/5 of your FPN textbook shows a good example

Fair test: A fair test is one in which only the independent variable has been allowed to affect the dependent variable.

Hypothesis: A proposal intended to explain certain facts or observations.

Prediction: A prediction is a statement suggesting what will happen in the future, based on observation, experience or a hypothesis

Control variable: is one which may, in addition to the independent variable, affect the outcome of the investigation and therefore must be kept constant or at least monitored.

Dependent variable: is the variable of which the value is measured for each change in the independent variable.

Independent variable: is the variable for which values are changed or selected by the investigator.

Keywords

Discrimination tests – test used to find out whether people can tell the difference between similar samples of food.

Grading tests – Put in order particular characteristics of a food product.

Hedonic rating test - people give their opinion of one or more food products by filling out a table that uses a preference scale.

Profiling – People asked to rate the intensity of a food product from 1- 5 against a set of sensory descriptors.

Ranking – People asked to rank order samples of food according to criteria.

Rating – People asked to rate a food sample for specific characteristics.

Sensory testing methods - a way of measuring the sensory qualities of food and is used by chefs, food manufacturers and retailers to analyse a food product.

Star profile – One method of recording sensory analysis results but this could also be done on a bar chart or table.

Tasting panel: A process of testing foods. The process must be fair and realistic controlled conditions.

Triangle test: People given three samples of a food product to try. Two samples are identical, the third something is different; they need to discriminate between the samples

Analyse: Separate information into components and identify their characteristics.

Evaluate: Judge from available experience.

Section A – Research

Choose a task from AQA

Analyse the task

Carry out research of the working characteristics, functions & chemical properties of the ingredients to investigate.

Write a summary of what you have found out from the research

Write a hypothesis for your practical investigations.

Section B – Investigations

Plan the practical investigations and experimental work based on your research findings.

Write a clear aim for each investigation.

Use a range of testing methods to record and present the results of the testing.

Annotated photographs

Use graphs, tables, and charts to record results as well sensory testing methods.

Section C – Analysis and Evaluation

Analyse and interpret and evaluate the results of the investigation

Evaluate the hypothesis

Explain how the results can be used when preparing and cooking food.

Record everything in a bibliography.

Books:

TULL, A. and LITTLEWOOD, G (2016) *Food Preparation and Nutrition*, Illuminate Publishing.

Websites:

British Nutrition Foundation: w