



Food Preparation and Nutrition - Year 10			
Student Checklist – Section A – Multiple choice			
1 mark each	R	A	G
I can state what the different macronutrients and micronutrients are and their functions in the body			
I can identify sources of micronutrients and macronutrients			
I understand the science different diets – what can/cannot be eaten and why these choices exist			
I can state the function of vitamins as well as the impact of different cooking methods on vitamin content			
I can understand what is meant by the term energy balance			
I can state what is meant by the term cross contamination and shelf life			
I can identify the different types of sugar – monosaccharide, disaccharide, polysaccharide			
I can state sources of different raising agents: chemical, biological			
I understand what is meant by the term food danger zone and core temperature and specify their temperatures			
I understand the principles of food safety			
I understand the terms aeration, caramelisation, coagulation, dextrinization and enzymic browning			
I can state the impact of food choice and dietary requirements			
I understand the different bacteria and can explain how they are spread/caught			



Student Checklist – Section B – Extended answers			
2-6 marks each	R	A	G
I understand and can describe how different factors can influence food choices			
I can explain the sources and functions of macronutrients in the diet			
I can explain the functions of micronutrients in the diet and their sources			
I can explain how to safely store and prepare a range of ingredients			
I can describe different sauce making methods			
I can explain different cooking methods, storing food safely, food spoilage and contamination			
I understand and can explain how food safety and hygiene rules should be applied when preparing, cooking, and serving			
I can explain the chemical and functional properties of ingredients used in recipes			
I can explain the advantages and disadvantages of seasonal food/ingredients and local produce			
I understand the different health problems and relate these to nutritional needs and diet choices			
I can explain what the Eatwell Guide and dietary guidelines are including recommended portions to achieve a healthy, balanced diet			
I understand factors that impact bone health and can evaluate nutritional advice to improve it			
I understand the nutritional needs of different age groups			
I can explain the impact of food choices on long term health			



Food Preparation and Nutrition	Link (add revision links- page no or online)
Macronutrients https://senecalearning.com/en-GB/	CGP Red – pages 1 – 6 CGP Purple and black – Pages 1 – 6 Collins - Pages 20 - 22
Micronutrients https://senecalearning.com/en-GB/	CGP Red – pages 7 – 9 CGP Purple and black – Pages 10 – Collins – Page 24 – 26
Fortification https://senecalearning.com/en-GB/	CGP Red – Page 66 CGP Purple and black – Pages 95 Collins – Page
Water https://senecalearning.com/en-GB/	CGP Red – pages 10 CGP Purple and black – Pages 13 Collins – page 26
Food safety https://senecalearning.com/en-GB/	CGP Red – Page 34 – 40 CGP Purple and black – Pages 49 – 55 Collins – Pages 58 – 66
Medical conditions https://senecalearning.com/en-GB/	CGP Red – pages 14 - 15 CGP Purple and black – Pages 27 – 28 Collins – Page 30 – 31
Food labelling https://senecalearning.com/en-GB/	CGP Red – 46 – 47 CGP Purple and black – Pages 69 – 70 Collins – Page 82 – 83
Food science https://senecalearning.com/en-GB/	CGP Red – pages 28 CGP Purple and black – Page 40 Collins – Page 42 - 43