



Subject Food Preparation and Nutrition Checklist

Food Preparation and Nutrition - Year 10 July 2023

Student Checklist – Section A – Multiple choice

Question 1 – 20: - 1 mark

R**A****G**

I can state what the Eatwell Guide and dietary guidelines are

I can identify sources of protein and fats including saturated and unsaturated fats

I understand the science behind foams

I can state the function of vitamins as well as the impact of different cooking methods on vitamin content

I can understand the what is meant by the term energy balance

I can state what is meant by the term sustainable

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 shelf life

I understand the process of emulsification

I understand the terms aeration, caramelisation, coagulation, dextrinization

I can state the impact religion has on food choice

I can state the different methods of sensory testing



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Student Checklist – Section B – Extended answers				
		R	A	G
I understand the terms 'use by' and 'best before'				
I can explain how to safely store a range of ingredients				
I understand and can explain how food safety and hygiene rules should be applied when preparing, cooking, and serving				
I understand and can describe how different factors can influence food choices				
I understand the nutritional needs of different age groups				
I can explain what the Eatwell Guide and dietary guidelines are including 5 a day				
I can explain the impact of food choices on long term health				
I understand factors that impact bone health and can evaluate nutritional advice to improve it				
I can describe the processes of dextrinisation, shortening and gelatinisation				
I understand the importance of dietary fibre and can apply this knowledge to different situations				
I can identify common faults in pastry, bread, and sauces				
I can explain the chemical and functional properties or ingredients used in recipes				
I understand the secondary processing used to create jam				
I can describe what is meant by the term Free range and can evaluate the method of production.				



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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