

# FOOD, PREPARATION & NUTRITION

## COURSE STRUCTURE

AQA GRADE 1-9

### WHAT IS COVERED

- ★ Food, nutrition and health
- ★ Food science
- ★ Food safety
- ★ Food choice
- ★ Food provenance

### NEA1

#### What is assessed?

Your understanding of the working characteristics, functional and chemical properties of ingredients. Focusses on one particular topic e.g. raising agents, enzymic browning, sauce making, pastry ingredients etc.

#### How it is assessed/format

A 1500-2000 word report including photographic evidence of a practical investigation.  
8 hours of work

#### What is assessed?

Your knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition relating to a chosen task on either a particular cuisine, a nutritional focus or dietary need.

#### How it is assessed / format

A written portfolio which includes photographic evidence of a wide range of practical work.

#### Format

You will prepare, cook and present a **final menu of three dishes** within three hours, planning in advance how this will be achieved.

### NEA2

## WRITTEN EXAM

#### What is assessed?

Theoretical knowledge of food preparation and nutrition from subject content

#### How it is assessed

Written exam: 1 hour and 45 minutes 100 marks

#### Format

Multiple choice questions (20 marks)  
Five longer questions each with a number of sub questions (80 marks)

# EXAM SUPPORT MATERIALS

**ANSWERING AN EXAM QUESTION**

**C.U.S.T.A.R.D.** **P.E.E.L.** **C.U.P.S.**

**SENTENCE STARTERS**

**CIRCLE** command words.  
**UNDERLINE** key words.  
**SCRIBBLE** extra words that may be useful.  
**TRY** to make sentences with the keywords.  
**ACCOUNT** for every part of the question.  
**READ** through every word you've written.  
**DO NOT** rush.

**Make your POINT**  
**EVIDENCE**  
**EXPLAIN** your evidence.  
if possible, **LINK** back to the question or the original point.

**CAPITALS**  
**USAGE:** Sentences, names, places, months, title, I.  
**PUNCTUATION**

**Always use your P.E.E.L.**

**Always use your C.U.P.S.**

**IT'S NOT THAT I'M SO SMART: IT'S JUST THAT I STAY WITH IT LONGER.**

**My EXAM QUESTION MENU**

**ALL THINGS ARE DIFFICULT BEFORE THEY ARE EASY.**

**PUNCTUATION RULES**

**Full Stop**  
**Comma**  
**Question mark**  
**Exclamation mark**  
**Quotation marks**  
**Apostrophe**  
**Hyphen**

**Always use your P.E.E.L.**

**Always use your C.U.P.S.**

**Keywords and definitions:**  
**Obesity:**  
**Cardiovascular Disease (CVD):**  
**Coronary Heart Disease (CHD):**  
**High Blood Pressure:**  
**Bowel Cancer:**  
**Type 2 Diabetes:**  
**Liver Disease:**  
**Dental Health:**  
**Bone Deficiency Anemia:**

**AQA GCSE Food & Nutrition - Diet related medical conditions**

**Obesity:** An abnormal accumulation of body fat. Anyone with a BMI of over 30 is considered obese. Obesity is an increased risk of CVD, diabetes, cancer and high blood pressure. Causes joint and mobility issues as well as stiffness of tissues. People who are obese should reduce their intake of foods high in salt, sugar and saturated fat.

**Cardiovascular Disease (CVD):** A standard term for conditions which affect the heart and blood vessels. There are many different types. **Coronary Heart Disease (CHD):** A condition where fatty substances (cholesterol) build up in the arteries that supply the heart. People suffering from CHD should reduce their intake of salt and saturated fat.

**High Blood Pressure:** High blood pressure can lead to an increased chance of stroke and heart attack. People with high blood pressure should only eat up to 6g a day, but many people eat more than 10g a day. Pre-packaged foods, crisps, biscuits, breads and pastas are all good sources of fibre.

**Bowel Cancer:** Is the second biggest cause of death and heart attack in the UK. The risk of bowel cancer and greatly reduced by increasing fibre/iron intake. Vegetables, wholegrain, beans and pulses are all good sources of fibre.

**Type 2 Diabetes:** Too little or no insulin is produced in the pancreas, resulting in high levels of blood sugar. Controlled by insulin or by a change in diet. Typically people develop this over time, but due to sugar, fat and calories in our diets, it is developing in teenagers and children. Can restrict blood flow to your hands, feet and toes, resulting in ulcers and in some cases amputation. Can also cause kidney damage and blindness.

**Liver Disease:** There are many different types. A common type is non-alcoholic fatty liver disease (NAFLD). This is usually seen in obese people. It is caused by a build up of fat in the liver. To help prevent this, you should choose unsaturated fat and reduce intake.

**Dental Health:** Sugar causes tooth decay, especially in young children. Sugar increases acids in the mouth, causing irreversible damage. Acids erode the protective enamel surface of the teeth. This is a big problem in the UK as nearly 50% of 5-year-old children showing signs of tooth decay. To prevent this, you should eat fewer biscuits, cakes and sugary drinks. Avoid giving children fatty drinks and high sugar juices.

**Bone Deficiency Anemia:** Symptoms include: tiredness and lack of energy, shortness of breath, a pale complexion, headache and hair loss. It is common in teenage girls, women, vegans and vegetarians. People suffering from this should increase their intake of iron-rich foods such as dark fortified foods, pulses, nuts and seeds and wholegrains. It is also important to make sure you have enough vitamin C as this helps absorb iron.

# REVISION MATS AND REVISION CARDS ARE ALL AVAILABLE ON TEAMS



[www.illuminate.digital/aqafood](http://www.illuminate.digital/aqafood)

(copy the link above to access the GCSE digital learning textbook for AQA Food & Nutrition – This is the book that we use in our classroom lessons)

To access the digital book you will need to enter the details below:

- **username – BRIN3**
- **Password – student3**

Please look after these login in details as you will need this book along with my revision mats to prepare you for Year 11

Keep up the great work! *Mrs Eagles* 😊

