

Year 11 GCSE Food Prep & Nutrition – Excluding Nutrition as you have already sat a paper for this.

Special Dietary needs (Coeliac, vegan, veggies, lactose intolerant, diabetes etc)	Fats (Plasticity, what happens when they melt, how they 'shorten' gluten strands)	Storage of Food (Correct temps of fridge, freezer etc, critical temps of bacteria growth etc)	Food Waste (why is this so important, links to environment, how to prevent it/change it)	Milk, cheese & Yoghurt, cream (Where does it come from, how they are all processed, key words – pasteurisation etc, storage, uses, types, nutrition of all)	Sugar & Syrup (Types of sugar & sweeteners, free sugars, honey, science of sugars – caramelisation, aeration, Preservation, Fermentation, Foaming, Nutrition, Health issues)
Different nutritional needs for different life stages	Dextrinisation (starch when heated goldens/browns)	Bacteria/Food poisoning (identify most common ones, symptoms, onset times)	Factors influencing different cuisines (Climate, Migration, geography, religion/faith/culture)	Meat, Poultry, Fish (Types, Processing, storage, cooking of it, Nutrition, uses)	Higher level skills (Pastries, Roux, Meringue, Meat & fish – boning & filleting, decorated cakes & gateaux, rich/shaped yeast doughs, shaped pasta, complex accompaniments)
Sugar (Impact on health, alternatives)	Caramelisation (Sugars heated)	Preparing food safely (coloured chopping boards , high risk foods, ways of preserving foods, cooking food safely)	Technological developments (food ingredient developments, health, TV/social media, Transport, population environmental awareness, science, economics)	Science - meat, fish, poultry (Oxygen, Maillard reaction, heat & acid denaturing the protein (unravel)& coagulate (set or harden)	Medium level skills (Ready-made pastry dishes, knife skills, cheesecakes & mousses, wine sauces and reductions, cake, biscuits and scones, basic breads)
The Eatwell Guide (It's key message, the food groups) RDI (What does this mean? How do we use it to inform food choices?)	Emulsifiers (when oil and water join together – mayo)		Factors affecting food choice (Seasonal, medical conditions, cost and poverty, ethical choices, sensory analysis, culture & religion, marketing, advertising, labelling)	Eggs (Egg structure, Nutrition, Types available and labelling, uses, science, function of eggs in cooking)	This grid covers the following topics: The science of cooking food Food spoilage Food provenance & food waste Factors affecting food choice Commodities Practical knowledge
Methods of heat transference (conduction, convection, radiation)		Food Packaging & labelling (why protect it, packaging materials, what should be on a food label)	Cereals (Wheat, rice, oats, maize, barley etc. How it is processed, safe storage, nutrition & diet)	Bean, Nuts, Seeds (Types available, processing, Allergens, Uses, Nutritional value)	
Protein changes (coagulation, denatures)	Raising agents (Aeration, steam, chemical raising agents, Yeast)	Food Provenance (meaning, origin)	Bread, Pasta, Breakfast cereals, Rice (All about, storage, cooking etc)	Tofu & Microprotein - meat alternatives (Types available, processing, Allergens, Uses, Nutrition)	
Gelatinisation (starches, when heated, granules swell & absorb water)	Cause of Food Spoilage (moulds, bacteria, cross-contamination, poor storage)	Food Miles (what this means, how to reduce them, impact on environment)	Fruit & Veg (Classification, nutritional value, science (enzymic browning etc, choosing it, preparing it, processing & preservation, cooking)	Butter, Oil, Margarine (Types available, Science of fats, Nutrition, Uses of fat in cooking, Effect of heat on fats, Composition of fats, health issues if too much fat)	