

GCSE Food preparation and Nutrition Knowledge Audit

Topic	R	A	G
1. FOOD COMMODITES			
Bread, cereals, flour, oats, rice, potatoes and pasta.			
Fruit and vegetables.			
Dairy Foods.			
Animal sources.			
Soya, tofu, beans, nuts and seeds.			
Fats and oils.			
Sugar and Syrup.			
2. PRINCIPLES OF NUTRITION.			
Macronutrients .			
Micronutrients.			
Water.			
Dietary fibre(Non -starch polysaccharide-NSP)			
3. DIET AND GOOD HEALTH/ ENERGY REQUIREMENT OF INDIVIDUALS.			
How much energy does each of the macronutrients provide?			
How do nutrients work together in the body?			
How much energy do we need?			
4. PLAN BALANCED DIETS.			
Recommended guidelines for a healthy diet.			
How our nutritional needs change due to age?			
How our nutritional needs change due to lifestyle choices?			
Planning a balanced diet for people with specific dietary requirements or nutritional deficiencies.			
Planning a balanced diet for people with high energy needs.			
5. CALCULATE ENERGY AND NUTRITIONAL VALUES FO RECIPES, MEALS AND DIETS.			
Calculating energy and nutrients.			
Adapting meals and diets.			
6. THE SCIENCE OF FOOD/ THE EFFECT OF COOKING ON FOOD.			
Why do we cook food?			
How heat is transferred during the cooking process?			
Selecting appropriate cooking methods to conserve or modify nutritive value and improve palatability.			

The positive use of micro-organisms.			
Working characteristics, functional and chemical properties of ingredients.			
Why some recipes do not succeed and how to remedy situations.			
7. FOOD SPOILAGE.			
Storing foods correctly.			
Date marks and labelling.			
Food spoilage.			
The role of Temperature, time, pH and moisture in the control of bacteria.			
Bacterial cross-contamination.			
Preservation.			
Food poisoning.			
Food Wastage.			
8. WHERE FOOD COMES FROM/FOOD PROVENANCE.			
Food Origins.			
Food miles.			
Packaging.			
Sustainability and food waste.			
Food Security.			
9. FOOD MANUFACTURING.			
Culinary Traditions.			
Primary stages of processing and production.			
Secondary stages of processing and production.			
Technological developments in food production.			
Fortifying and modifying foods to support better health.			
10. COOKING AND FOOD PREPARATION/ FACTORS AFFECTING FOOD CHOICE.			
Sensory perception.			
Tasting panels and preference testing.			
Factors that affect food choice.			
The choices that people make about foods, based on religion, culture or ethical belief, medical reasons or personal choices.			
How to make informed choices about food and drink, to achieve a varied and balanced diet.			
Food labelling.			
11. PREPARATION AND COOKING TECHNIQUES.			
Planning and cooking a single dish or a number of dishes.			
Preparation of ingredients.			

Cooking a selection of recipes.			
Presenting a selection of recipes.			
Working safely.			
Using sensory descriptors.			
12. DEVELOPING RECIPES AND TECHNIQUES.			
The influence of lifestyle and consumer choice when adapting or developing meals and recipes.			
Adaptations to recipes to address current dietary advice.			
Considering nutritional needs and food choices when selecting recipes.			
Reviewing and making improvements to recipes.			
Manage the time and cost of recipes.			
Using testing and sensory evaluation skills.			
Explaining, justifying and presenting ideas about chosen recipes and cooking methods.			
Making decisions about which techniques are appropriate to use during preparation and cooking.			