

# Year 11 Assessment Checklist GCSE Food

## Preparation and Nutrition

Course specification- <https://www.ocr.org.uk/qualifications/gcse/food-preparation-and-nutrition-j309-from-2016/>

Past Papers - <https://www.ocr.org.uk/qualifications/gcse/food-preparation-and-nutrition-j309-from-2016/assessment/>

Subject: Food Preparation and Nutrition		Paper	Duration: 1 hour 30 minutes
What to revise		<p><b>How to revise it:</b> Using the revision guide given to you by the school and the contents page at the front of the book revise the following topics.</p> <p><b>Revise</b> = Read through the information and make notes/mindmaps/flash cards. <b>Practise</b> = Complete the practise exam questions and then check your answers in the back of the book. <b>Review</b> = Complete the Review exam questions and then check your answers in the back of the book. <b>The contents page on p112 -113 of the revision guide will tell you the pages you need to use to REVISE, PRACTISE and REVIEW each topic area.</b></p>	
1. Food, nutrition and health	<ol style="list-style-type: none"> <li>1. Macronutrients (Proteins, Fats and Carbohydrates)</li> <li>2. Micronutrients (Vitamins, Minerals, Fibre and Water)</li> <li>3. Healthy Eating Guidelines</li> <li>4. Nutritional needs of other groups</li> <li>5. Diet related health problems</li> <li>6. Energy needs</li> <li>7. Nutritional analysis</li> <li>8. Planning meals</li> </ol>	Revise: 1-29 Practise: p8, 14-15, 21-22, 30 Review: p31	
2. Food science	<p><b>Food Science –</b></p> <ol style="list-style-type: none"> <li>1. Why is food cooked?</li> <li>2. Different cooking methods</li> <li>2. Changing properties (proteins, carbs, fats and oils)</li> <li>3. Raising agents</li> <li>4. Additives</li> <li>5. Emulsifiers</li> <li>6. Gelatinisation</li> </ol>	Revise: p32-44 Practise: p38, 45-46 Review: p48	
3. Food safety	<p><b>Food Safety –</b></p> <ol style="list-style-type: none"> <li>1. Use of microorganisms</li> </ol>	Revise: p49-55 Practise: P56-57	

	<ol style="list-style-type: none"> <li>2. Storing food safely</li> <li>3. Food spoilage</li> <li>4. Food poisoning</li> </ol>	Review: p59
4. Food choice	<p><b>Food Choice –</b></p> <ol style="list-style-type: none"> <li>1. Influences on food choices</li> <li>2. Cultural, religious and moral food choices</li> <li>3. Food labelling</li> <li>4. Influences on marketing</li> <li>5. Food packaging</li> </ol>	<p>Revise: p60-71</p> <p>Practise: p68, 74-75</p> <p>Review: p76</p>
5. Food provenance	<p><b>Food Provenance &amp; classification</b></p> <ol style="list-style-type: none"> <li>1. Grown food – GM crops</li> <li>2. Reared food</li> <li>3. Caught food</li> <li>4. Food classification</li> <li>5. Waste and food packaging</li> <li>6. Food miles and carbon footprint</li> <li>7. Global food production</li> <li>8. Primary and secondary processing</li> <li>9. Food fortification</li> </ol>	<p>Revise: p77-95,</p> <p>Practise: p82-83, p89, p97-98</p> <p>Review: p100</p>

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