

Key Stage 4 Overview for Food Preparation and Nutrition

Exam Board: AQA

Course Outline:

Unit 1

Food safety

Understanding how food spoils and how to prevent food poisoning

Unit 2

Food, Nutrition and health

Nutrients, functions, food sources and deficiencies

Healthy eating guidelines

Planning meals for different age groups and special diets

Unit 3

Food choice

British and international cuisine

Influences of marketing

Sensory testing

Cultural, moral and religious food choices

Unit 4

Food Science

Heat transfer and cooking methods

Properties and functions of ingredients

Raising agents

Unit 5

Food Provenance

Primary and secondary processing

Grown, caught and reared food

Global food production

Food miles and carbon footprint

Skills Developed:

Practical skills, nutritional analysis, research, investigation, planning, evaluation, teamwork.