








Content

-  Pods
-  Check & Challenge
-  Ready Made Assignment
-  Additional Resources
-  In Production

























Food Preparation and Nutrition

AQA







Getting Ready for KS4 (GCSE)

Getting Ready for KS4 (GCSE) Food Preparation and Nutrition

Getting Ready for KS4 (GCSE)	GRF-01-001		
Making Informed Choices for a Varied and Balanced Diet (Part 1)	FOOD-03-001		
Making Informed Choices for a Varied and Balanced Diet (Part 2)	FOOD-03-002		
Making Informed Choices for a Varied and Balanced Diet (Part 3)	FOOD-03-003		
Food Choices: Religion & Culture	FOOD-08-004		
Food Labelling (Part 1)	FOOD-08-007		
British Cuisine	FOOD-09-001		
Food Sources (Part 1)	FOOD-11-001		
Local, Seasonal and GM Food	FOOD-11-003		
Food and the Environment	FOOD-11-004		
Knife Skills	FOOD-15-001		

Food Preparation Skills

General Practical Skills

Preparing to Cook	FOOD-14-001		
Testing the Readiness of Food	FOOD-14-002		
Tasting, Seasoning and Presentation Techniques	FOOD-14-003		

Knife Skills

Knife Skills	FOOD-15-001		
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Preparing Fruit and Vegetables

Preparing Fruits and Vegetables	FOOD-16-001		
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Using Equipment

Use of the Cooker	FOOD-17-001		
Use of Equipment	FOOD-17-002		

Symbol Keys

 Pods
  In production
  Check & Challenge
  Ready Made Assignment
  Additional Resources

Cooking Methods and Preparing, Combining and Shaping

Preparing, Combining and Shaping FOOD-18-001  

Sauces and Marinades

Sauces and Marinades FOOD-19-001  

Dough


Dough FOOD-20-001  

Raising Agents and Setting Mixtures



Raising Agents and Setting Mixtures FOOD-21-001  

Food, Nutrition and Health



Nutritional Needs & Health



Making Informed Choices for a Varied and Balanced Diet (Part 1) FOOD-03-001  

Making Informed Choices for a Varied and Balanced Diet (Part 2) FOOD-03-002  

Making Informed Choices for a Varied and Balanced Diet (Part 3) FOOD-03-003  

Energy Needs FOOD-03-004  

Carrying Out Nutritional Analysis & Modifying Recipes FOOD-03-005  

Diet, Nutrition & Health: Cardiovascular Disease, Stroke, Obesity FOOD-03-006  

Diet, Nutrition & Health: Bone & Dental Health, Anaemia, Diabetes FOOD-03-007  

Micronutrients

Fat Soluble Vitamins FOOD-02-001  


Water Soluble Vitamins FOOD-02-002  

Minerals: Calcium, Iron, Sodium FOOD-02-003  

Minerals: Fluoride, Iodine, Phosphorus FOOD-02-004  

Water FOOD-02-005  

Macronutrients






Protein FOOD-01-001  

Fats FOOD-01-002  



Carbohydrates FOOD-01-003  

Food Science











Symbol Keys

 Pods  In production  Check & Challenge  Ready Made Assignment  Additional Resources

Functional & Chemical Properties of Food





Properties of Protein	FOOD-05-001		
Properties of Carbohydrates	FOOD-05-002		
Properties of Fats and Oils	FOOD-05-003		
Properties of Fruits and Vegetables	FOOD-05-004		
Properties of Raising Agents	FOOD-05-005		

Cooking of Food & Heat Transfer











Why Food is Cooked	FOOD-04-001		
How Heat is Transferred to Food	FOOD-04-002		
Selecting Appropriate Cooking Methods: Water-Based	FOOD-04-003		
Selecting Appropriate Cooking Methods: Dry Methods	FOOD-04-004		
Selecting Appropriate Cooking Methods: Oil/Fat Based Methods	FOOD-04-005		

Food Safety

Principles of Food Safety









Buying Foods	FOOD-07-001		
Storing Foods	FOOD-07-002		
Preparing, Cooking and Serving Food	FOOD-07-003		

Food Spoilage & Contamination






Microorganisms and Enzymes	FOOD-06-001		
The Signs of Food Spoilage	FOOD-06-002		
Microorganisms in Food Production	FOOD-06-003		
Bacterial Contamination (Part 1)	FOOD-06-004		
Bacterial Contamination (Part 2)	FOOD-06-005		

Food Choice



















British and International Cuisines

British Cuisine	FOOD-09-001		
International Cuisine: Italy and Spain	FOOD-09-002		
International Cuisine: Mexico and the USA	FOOD-09-003		
International Cuisine: China and India	FOOD-09-004		

Symbol Keys

 Pods
  In production
  Check & Challenge
  Ready Made Assignment
  Additional Resources

Factors Affecting Food Choice













Factors Which Influence Food Choice (Part 1)	FOOD-08-001		
Factors Which Influence Food Choice (Part 2)	FOOD-08-002		
Factors Which Influence Food Choice (Part 3)	FOOD-08-003		
Food Choices: Religion & Culture	FOOD-08-004		
Food Choices: Ethical Beliefs, Moral Beliefs	FOOD-08-005		
Food Choices: Intolerances and Allergies	FOOD-08-006		
Food Labelling (Part 1)	FOOD-08-007		
Food Labelling (Part 2)	FOOD-08-008		
Marketing Influences	FOOD-08-009		

Sensory Evaluation













Sensory Evaluation (Part 1)	FOOD-10-001		
Sensory Evaluation (Part 2)	FOOD-10-002		
Sensory Evaluation (Part 3)	FOOD-10-003		

Food Provenance






Environmental Impact and Sustainability of Food

Food Sources (Part 1)	FOOD-11-001		
Food Sources (Part 2)	FOOD-11-002		
Local, Seasonal and GM Food	FOOD-11-003		
Food and the Environment	FOOD-11-004		
Sustainability of Food (Part 1)	FOOD-11-005		
Sustainability of Food (Part 2)	FOOD-11-006		

Food Processing and Production

Primary Stages of Processing: Fruits, Vegetables, Cereals	FOOD-12-001		
Primary Stages of Processing: Meat, Fish, Milk	FOOD-12-002		
Secondary Stages of Processing: Flour into Pasta and Bread	FOOD-12-003		
Secondary Stages of Processing: Fruit into Jam	FOOD-12-004		
Secondary Stages of Processing: Milk into Cheese and Yoghurt	FOOD-12-005		
Technological Developments Associated with Better Health and Food Production (Part 1)	FOOD-12-006		

Symbol Keys

 Pods
  In production
  Check & Challenge
  Ready Made Assignment
  Additional Resources

Technological Developments Associated with Better Health and Food Production (Part 2) FOOD-12-007  

Food Preparation and Cooking Techniques

Preparation Skills

Preparation Skills (Part 1) FOOD-13-001  

Preparation Skills (Part 2) FOOD-13-002  

Supplementary Resources

SR: Properties of Food Products

Introduction DT-004-001-001 

Carbohydrates DT-004-001-002 

Protein DT-004-001-003 

Fats & Oils DT-004-001-004 

Additives DT-004-001-005 

Acids & Alkalis DT-004-001-006 

Vitamins & Minerals DT-004-001-007 

Standard Components DT-004-001-008 

Healthy Eating DT-004-001-009 

Special Diets DT-004-001-010 

New Technologies DT-004-001-011 


Summary DT-004-001-012 

SR: Food Processes

Introduction DT-004-002-001 

Combining Ingredients DT-004-002-002 

Tools & Equipment DT-004-002-003 


Processes & Techniques DT-004-002-004 

Food Preservation DT-004-002-005 

Large-Scale Manufacture DT-004-002-006 

Storage of Food Products DT-004-002-007 

Food Poisoning DT-004-002-008 

Quality and HACCP DT-004-002-009 

Hygiene & Safety DT-004-002-010 

Summary DT-004-002-011 

Symbol Keys



Pods



In production



Check & Challenge



Ready Made Assignment



Additional Resources

SR: Designing Food Products

Introduction	DT-004-003-001	
Investigating Design Opportunities	DT-004-003-002	
Product Analysis	DT-004-003-003	
Generating Ideas	DT-004-003-004	
Developing Ideas	DT-004-003-005	
Manufacturing Specification	DT-004-003-006	
Summary	DT-004-003-007	

SR: Design & Market Issues

Introduction	DT-004-004-001	
Labelling & Packaging	DT-004-004-002	
Social, Cultural, Environmental & Ethical Issues	DT-004-004-003	
Summary	DT-004-004-004	

Getting Ready for KS5 (A Level)

Getting Ready for KS5 (A Level) Food Preparation and Nutrition

Getting Ready for KS5 (A Level)	GRF-01-002		
Making Informed Choices for a Varied and Balanced Diet (Part 1)	FOOD-03-001		
Making Informed Choices for a Varied and Balanced Diet (Part 2)	FOOD-03-002		
Making Informed Choices for a Varied and Balanced Diet (Part 3)	FOOD-03-003		
Carrying Out Nutritional Analysis & Modifying Recipes	FOOD-03-005		
Diet, Nutrition & Health: Cardiovascular Disease, Stroke, Obesity	FOOD-03-006		
Diet, Nutrition & Health: Bone & Dental Health, Anaemia, Diabetes	FOOD-03-007		
Food Choices: Ethical Beliefs, Moral Beliefs	FOOD-08-005		
Food Choices: Intolerances and Allergies	FOOD-08-006		
Marketing Influences	FOOD-08-009		
Technological Developments Associated with Better Health and Food Production (Part 1)	FOOD-12-006		

Symbol Keys

Pods
 In production
 Check & Challenge
 Ready Made Assignment
 Additional Resources