

Content



Pods



Check & Challenge



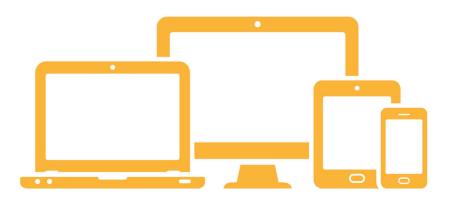
Ready Made Assignment



Additional Resources



In Production





Food Preparation and Nutrition

AQA

Getting Ready for KS4 (GCSE)

Getting Ready for KS4 (GCSE) Food **Preparation and Nutrition**

GRF-01-001		
FOOD-03-001	\triangleright	
FOOD-03-002		
FOOD-03-003		
FOOD-08-004		
FOOD-08-007		
FOOD-09-001		
FOOD-11-001		
FOOD-11-003		
FOOD-11-004		
FOOD-15-001	\triangleright	
	FOOD-03-001 FOOD-03-002 FOOD-03-003 FOOD-08-004 FOOD-08-007 FOOD-09-001 FOOD-11-001 FOOD-11-003 FOOD-11-004	FOOD-03-001 ▷ FOOD-03-002 ▷ FOOD-03-003 ▷ FOOD-08-004 ▷ FOOD-08-007 ▷ FOOD-09-001 ▷ FOOD-11-001 ▷ FOOD-11-003 ▷ FOOD-11-004 ▷

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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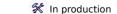
Preparing Fruit and Vegetables

Preparing Fruits and Vegetables	FOOD-16-001	
riepailing riuits and vegetables	1000-10-001	Щ

Using Equipment

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

Symbol Keys Pods











	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	\triangleright	
Fo	od, 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	\triangleright	
	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	\triangleright	
	Diet, Nutrition & Health: Cardiovascular Disease, Stroke, Obesity	FOOD-03-006		
	Diet, Nutrition & Health: Bone & Dental Health, Anaemia, Diabetes	FOOD-03-007	\triangleright	
	Micronutrients			
	Fat Soluble Vitamins	FOOD-02-001	\triangleright	
	Water Soluble Vitamins	FOOD-02-002		
	Minerals: Calcium, Iron, Sodium	FOOD-02-003		
	Minerals: Fluoride, Iodine, Phosphorus	FOOD-02-004		
	Water	FOOD-02-005	\triangleright	
	Macronutrients			
	Protein	FOOD-01-001	\triangleright	
	Fats	FOOD-01-002		
	Carbohydrates	FOOD-01-003		

Food Science



Pods ※ In production





Functional & Chemical Properties of

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

Food Spoilage & Contamination		
Preparing, Cooking and Serving Food FOOD-07-003	3 >	
Storing Foods FOOD-07-002	2	
Buying Foods FOOD-07-003		

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

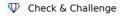
Food Choice

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	













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	

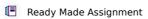
Food Processing and Production

Tood Frocessing and Froduction			
Primary Stages of Processing: Fruits, Vegetables, Cereals	FOOD-12-001	\triangleright	
Primary Stages of Processing: Meat, Fish, Milk	FOOD-12-002	\triangleright	
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	\triangleright	

Symbol Keys







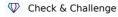




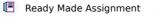
Technological Developments Associated with Better Health and Food Production (Part 2)	FOOD-12-007	\triangleright	
Food Preparation and Cooking Techniques			
Preparation Skills			
Preparation Skills (Part 1)	FOOD-13-001		
Preparation Skills (Part 2)	FOOD-13-002		
Supplementary Resources			
SR: Properties of Food Products			
Introduction	T-004-001-001		
Carbohydrates	T-004-001-002		
Protein	T-004-001-003		
Fats & Oils	T-004-001-004		
Additives	T-004-001-005		
Acids & Alkalis	T-004-001-006		
Vitamins & Minerals	T-004-001-007		
Standard Components	T-004-001-008		
Healthy Eating	T-004-001-009		
Special Diets	T-004-001-010		
New Technologies	T-004-001-011		
Summary	T-004-001-012	\triangleright	
SR: Food Processes			
Introduction	T-004-002-001		
Combining Ingredients	T-004-002-002		
Tools & Equipment	T-004-002-003		
Processes & Techniques	T-004-002-004		
Food Preservation	T-004-002-005		
Large-Scale Manufacture	T-004-002-006		
Storage of Food Products	T-004-002-007		
Food Poisoning	T-004-002-008	\triangleright	
Quality and HACCP	T-004-002-009	\triangleright	

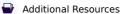
Symbol Keys













DT-004-002-010

DT-004-002-011

Hygiene & Safety

Summary



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	\triangleright
Summary	DT-004-003-007	
SR: Design & Market Issues		
Introduction	DT-004-004-001	
Labelling & Packaging	DT-004-004-002	

Getting Ready for KS5 (A Level)

Issues

Summary

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

Social, Cultural, Environmental & Ethical

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	\triangleright	
Diet, Nutrition & Health: Cardiovascular Disease, Stroke, Obesity	FOOD-03-006		
Diet, Nutrition & Health: Bone & Dental Health, Anaemia, Diabetes	FOOD-03-007	\triangleright	
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	\triangleright	

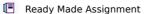














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