



## West Park School

### Food Preparation and Nutrition

### GCSE Examination Summer 2026

In readiness for your GCSE examination in Food Preparation and Nutrition you must **LEARN** and **REVISE** the following content and skills:

#### Advice:

- Use the number of marks linked to each question to guide not only how long you spend on a question but also the number of points you need to include in your answer.
- Answer all questions on the paper. If you are short of time on the essay style questions make some notes as you may still be awarded marks for your knowledge.

#### Layout of paper:

- **Section A – (20 marks)**

Multiple choice questions assessing knowledge and understanding of all of units of work as well as practical skills.

- **Section B – (80 marks)**

A combination of shorter and essay style questions testing knowledge, skills and understanding of all units of work in greater detail. This will require reasoning, analysing, evaluating, describing and explaining skills.

#### Unit 1 – Food, Nutrition and Health:

<b>Macronutrients</b> <ul style="list-style-type: none"><li>• Proteins</li><li>• Fats</li><li>• Carbohydrates</li></ul>	<b>Micronutrients- Vitamins</b> <ul style="list-style-type: none"><li>• Fat soluble</li><li>• Water soluble</li><li>• Antioxidant functions of vitamins</li></ul>	<b>Micronutrients- Minerals</b> <ul style="list-style-type: none"><li>• Calcium</li><li>• Iron</li><li>• Sodium (salt)</li><li>• Fluoride</li><li>• Iodine</li><li>• Phosphorus</li></ul>
<b>Water</b> <ul style="list-style-type: none"><li>• The importance of hydration and the functions of water in the diet</li></ul>	<b>Nutritional needs and health</b> <ul style="list-style-type: none"><li>• Making informed choices for a varied and balanced diet</li><li>• Energy needs</li><li>• How to carry out nutritional analysis</li><li>• Diet, nutrition and health</li></ul>	

## **Unit 2- Food Science:**

### **Cooking of food and heat transfer**

- Why is food cooked and how is heat transferred to food
- Selecting appropriate cooking methods

### **Functional and chemical properties of foods**

- Proteins
- Carbohydrates
- Fats
- Fruits and vegetables
- Raising agents

## **Unit 3- Food Safety:**

### **Food spoilage and contamination**

- Microorganisms and enzymes
- Signs of food spoilage
- Microorganisms in food production
- Bacterial contamination

### **Principles of Food Safety**

- Buying and storing foods
- Preparing, cooking and storing food
- Personal Hygiene

## **Unit 4- Food Choice:**

### **Factors affecting food choice**

- Factors which influence food choice
- Food choices
- Food labelling and marketing influences
- British and International cuisine
- Sensory evaluation

## **Unit 5- Food Provenance:**

### **Environmental impact and sustainability of food**

- Food sources
- Sustainability of food

### **Food processing and production**

- Food production
- Technological developments associated with better health and food production

## **Keywords:**

- Dextrinisation
- Caramelisation
- Shortening
- Emulsion/Emulsification/
- Emulsifier
- Plasticity
- Monosaccharides
- Disaccharides

- Gelatinisation
- Aeration
- Denaturation
- Coagulation
- Fortification
- Amino acids
- High biological value

- Low biological value
- Protein complementation
- Creaming
- Allergy
- Intolerance
- Osteoporosis

- Cross contamination
- Genetically modified
- Glucose
- Soluble & insoluble fibre
- Oxidation

Where a question asks you to **analyse, evaluate, compare, contrast, assess suitability** be sure you fully understand these terms. It will be in reference to some data you are given, be sure to refer to the data and explain and justify your comments and choices.

