



## West Park School

### Food Preparation and Nutrition

### Mock Examination 2023

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

Use your booklets: Food, Nutrition & Health, Food Science, Food Safety, Food Choice and Food Provenance, as well as the revision cards you have made. You can also use the revision guide to help you prepare for this examination.

#### **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.

**All nutrients, Macro and Micro plus Water and Fibre**– What are their functions (what they are for in the body). What foods contain them and deficiencies associated with them.

**Food and Health** – Government guidelines on healthy eating, health issues relating to too much fat, sugar salt and how to reduce. Health issues relating to not enough fibre and how to increase. Dietary requirements of special groups.

**Different methods of cooking;** Water, Dry heat and fat – What they are, what they are used for and what the sensory and nutritional effects of them are on the foods are. Reasons why we cook food. Reasons why we chose one method over another.

**Functions of Ingredients** – Why an ingredient is used in a recipe. Common problems that can occur due to incorrect use of ingredients, equipment and incorrect process.

**Raising Agents** – What the different agents are and how and why they are used.

**Sauce Theory** – The different methods of sauce making. How they carried out and why you choose them for specific dishes.

**Food Safety and Hygiene** – Food poisoning, the different types. Critical temperatures. Effect and use of microorganisms in food including food spoilage. Safe food preparation practice.

**Food Choice, Target Customers and Provenance** – The different types of target customers; Different age groups, health (diabetes, CHD etc.), moral and social choices, religion. Consider factors that affect people's food choices for example organic, GM production, additives.

**Food Processing and Production**- Primary and secondary processing of meat, fish, wheat, milk, fruit. Technological developments for better health; fortified foods and fats and low-fat spreads.

**Key words** – These are words you should know and understand:

Dextrinisation

Caramelisation

Shortening

Emulsion/Emulsification/Emulsifier

Plasticity

Gelatinisation

Aeration

Denaturation

Coagulation

Fortification

Where a questions ask 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.