

AQA GCSE Food Preparation & Nutrition

KNOWLEDGE & APPLICATION

Personal Self-assessment Criteria	Red	Amber	Green
FOOD, NUTRITION & HEALTH 3.2			
Macronutrients: Protein 3.2.1.1			
I know and can explain a low and high biological value protein			
I know and can give examples of Protein complementation			
I know and can give examples of Protein alternatives			
I know the functions of Proteins and the main sources			
I can explain the effects of excess and deficiency of Proteins			
I know the related dietary reference values (RDV) of Proteins			
I can modify recipes for vegetarian diets			
I have made a sauce using meat or an alternative such as soya			
Macronutrients: Fats 3.2.1.2			
I know the difference between saturated & un-saturated fats			
I know the function of Fats and the main sources			
I can explain the effects of excess and deficiency of Fats			
I know the related dietary reference values (DRV) of Fats			
I can make pastry			
I can make and shape pastry			
I have used a food processor to make pastry			
I can adapt and modify a recipe or methods of cooking to reduce fat e.g grilling			
Macronutrients: Carbohydrates 3.2.1.3			
I can explain the function of Starch and the main sources(polysaccharide)			
I can explain the function of Sugars and the main sources (monosaccharides/disaccharides)			
I can explain the function of Dietary Fibre and the main sources			
I can explain the effects of excess & deficiency of Carbohydrates			
I know the dietary reference value (DRV) of Carbohydrates			
I can demonstrate proving bread using high Fibre flour			
I can modify a recipe to increase the Fibre content			
Micronutrients: Vitamins 3.2.2.1			
I know the main source of fat soluble vitamins A, D, E and K			
I know the main source of water soluble vitamins B1(thiamin) B2(riboflavin) B3(niacin) folic acid, B12, vitamin C,			
I know the functions of fat and water-soluble vitamins			
I know and can explain the effects of excess & deficiency of all vitamins			
I know the related Dietary Reference Values (DVR)			
I can explain how cooking can affect the nutritional properties of food			
I can explain the role of antioxidants A, C and E in the body			

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Micronutrients: Minerals 3.2.2.2			
I know the main source of Iron, Sodium, Fluoride, Iodine and Phosphorus			
I can explain the function of minerals in the body			
I know and can explain the effects of excess and deficiency of minerals			
I know the dietary reference value (DRV) of Minerals			
I can prepare meals high in Iron			
I can prepare meals high in Calcium			
Micronutrients: Water 3.2.2.3			
I know and can explain the functions of water in the body			
Nutritional Needs: 3.2.3			
I know the current guidelines for a healthy diet (Eatwell plate)			
I know and can explain the needs of children, teenagers, adults & the elderly			
I can plan a balanced meal for people with lactose intolerance, vegetarians, vegans, coeliac			
I can select recipes which consider different dietary needs			
I know the factors which affect the Basal Metabolic Rate (BMR)			
I can list the percentage of recommended energy sources from Macronutrients			
I can carry out a nutritional analysis using computer software			
I can explain the factors contributing to Obesity			
I can explain the factors contributing to Coronary Heart Disease (CHD)& high blood pressure			
I can explain the factors contributing to bone problems (Rickets & Osteoporosis)			
I can explain the factors contributing to tooth decay			
I can explain the factors contributing to Anaemia			
I can explain the factors contributing to Type 2 diabetes			

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FOOD SCIENCE 3.3			
I can explain the three methods of heat transfer			
I can explain the 5 reasons why food is cooked			
I can select a variety of cooking methods, including;			
Oven for baking, roasting, braising, casseroles, tagines			
Dry fry, shallow fry, stir fry			
Microwave			
Steaming, simmering, boiling, blanching, poaching braising			
Grilling			
I can explain the 3 methods of denaturing Proteins			
I can demonstrate & explain coagulation of Proteins by setting an egg mixture			
I can demonstrate & explain gluten formation e.g making pasta or bread			
I can demonstrate & explain foam formation e.g making meringues			
I can demonstrate & explain gelatinisation e.g making a roux-based sauce			
I can explain dextrinization			
I can explain caramelisation			
I can demonstrate & explain shortening e.g pastry making			
I can explain aeration			
I can explain plasticity of fats			
I can explain emulsification			
I know the scientific principles of enzymic browning			
I can explain oxidation when preventing water soluble vitamin loss in vegetables			
I know and can give examples of a chemical raising agents			
I know and can give examples of using mechanical action raising agent			
I know and can give examples of using steam as a raising agent			
I know and can give an example of a biological raising agent			

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FOOD SAFETY 3.4	Red	Amber	Green
I know and can explain the growth conditions for micro-organisms			
I know and can list 5 high risk foods			
I know how to control enzymic action and prevent enzymic browning			
I can explain Moulds, Yeasts and Bacteria			
I know and understand food spoilage by enzymic action, mould growth & yeast action			
I know and understand about the use of micro-organisms in food production			
I know and can explain the different sources of bacterial contamination			
I can list at least 5 ways in which food can be contaminated			
I can list the 5 main types of food poisoning and the different sources			
I can explain the general symptoms of food poisoning			
I know the food safety principles when buying and storing food			
I can list the optimum freezing temperature			
I can state the temperature range at which food should be chilled			
I can state the 'danger zone' range of temperatures			
I know the safe temperature for which meat has to reach when cooked			
I know the safe temperature which needs to be reached for reheating			
I can explain the terms 'best before' and 'use by' on labelling			
I can list 5 personal hygiene principles I must follow before cooking			
I can list 5 food safety principles I must follow when preparing and cooking food			

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FOOD CHOICE 3.5	Red	Amber	Green
I know and can list 10 factors influencing food choice (lifestyle & consumer choice, e.g physical activity level PAL)			
I can cost a recipe and make modifications			
I can list 5 religions which may affect food choice			
I can explain why different religions may affect food choice			
I can explain food choice linked to ethical and moral beliefs e.g animal welfare, Fairtrade, organic food, Genetically Modified (GM) foods			
I can explain food choice linked to food intolerances including gluten, lactose, nut, dairy, wheat, fish & shellfish			
I know the mandatory (must have) information required on food packaging according to EU (European Union) and FSA (Food Standards Agency) legislation			
I can list the non-mandatory information which may be visible on food packaging			
I can explain how marketing can influence food choice			
I can interpret and explain a nutritional label			
I know the definition of 'a cuisine'			
I can list the different characteristics, distinctive features and cooking methods of at least 2 world cuisines			
I can adapt traditional recipes and modify them			
I can carry out a sensory analysis			
I can list at least 5 different sensory testing methods			
I know and can explain how taste receptors and olfactory system work when tasting food			
I know how to set up a taste panel			
I know what controlled conditions are required for sensory testing			

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FOOD PROVENANCE 3.6			
I know and understand where ingredients and foods come from			
I can differentiate between organic and conventional farming			
I can describe free range production			
I know and understand the advantages/disadvantages of intensive farming			
I know and understand about sustainable fishing			
I can state the advantages/disadvantages of local and seasonal goods			
I can explain what Genetically Modified (GM) foods are			
Environment: 3.6.1.2			
I can list the ways in which I can reduce food waste			
I know and understand about the impact of food waste from retailers/production			
I know and understand the effects of food packaging on the environment			
I know how to reduce my personal Carbon Footprint			
I have an understanding of how to calculate Food Miles			
Sustainability: 3.6.1.3			
I know and understand the factors which influence climate change			
I know and understand the factors which contribute to global warming			
I can explain sustainability of food sources			
I know and can discuss 5 aspects of Fairtrade			
I am aware of the problems of drought & flooding and how it may affect food commodities			
I know how to reduce food waste			
I can explain 3 advantages and disadvantages of GM (Genetically Modified) food			
I know and understand Food Security			
Technological developments: 3.6.2.2			
I know and understand about cholesterol lowering spreads			
I can explain the health benefits of fortified foods (adding vital vitamins & minerals)			
I know the positive and negative aspects of the use of additives (colourings, emulsifiers, stabilisers, flavourings and preservatives)			
Food Production: 3.6.2.1			
I know and understand primary processing related to rearing, fishing, growing, harvesting and cleaning of commodities			
I know and understand the process of milling wheat into flour			
I know and understand heat treatments of milk e.g pasteurisation, UHT, sterilising and micro filtered milk			
I know and understand secondary processing e.g flour into bread, milk into cheese, fruit into jams.			
I know and understand about vitamin loss through heat and drying			
I know and understand the effect of heat & drying on sensory aspects of milk.			

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SKILLS FOCUS 3.1

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SKILL 1: GENERAL PRACTICAL SKILLS			
I can accurately weigh and measure ingredients			
I can grease/oil line, flour evenly and with attention to finished product			
I can select and adjust cooking times and temperatures			
I can safely use a temperature probe to check meat/food is cooked			
I know how to adjust seasoning and flavours during the cooking process			
I can use garnishes and decorative presentation techniques to a high standard			
SKILL 2: KNIFE SKILLS			
I can use the following techniques with confidence; hold, bridge, claw, grip, peel			
I can cut fruit & vegetables into even size pieces (i.e. dice, slice, batons, julienne)			
I know how to debone a chicken successfully			
I can fillet and debone a chicken portion			
I can fillet a fish			
I can remove fat and rind successfully			
SKILL 3: PREPARING FRUIT & VEGETABLES			
I can prepare fruit & vegetables using the following techniques; mash, shred, scissor snip, scoop, crush, grate, peel, segment, de-skin, de-seed, blanch, shape, pipe, blend, juice			
I have used and practised methods to prevent enzymic browning			
I know how to prevent food spoilage & how to prevent food poisoning			
SKILL 4: USE OF COOKER			
I am able to use the grill to cook a range of foods			
I am able to use the oven (baking, roast, casserole/tagine, braising)			
SKILL 5: USE OF EQUIPMENT			
I can use a food processor safely & effectively			
I can use a blender safely & effectively			
I can use an electric mixer safely & effectively			
I can use a pasta machine successfully			
I can use a microwave oven			
SKILL 6: COOKING METHODS			
I can boil, steam, simmer, blanch, poach food effectively			
I can dry fry, shallow fry & stir fry food effectively			
SKILL 7: PREPARE, COMBINE & SHAPE			
I can roll, wrap, skewer, mix, coat and layer meat/fish/alternatives effectively			
I can shape & bind wet mixtures (e.g falafel, burgers, fish cakes, meatballs)			
I can handle high risk foods safely, whilst preventing cross contamination			
SKILL 8: SAUCE MAKING			
I can make a starch-based sauce (e.g roux, all in one, blended, velouté, béchamel)			
I can make a reduction sauce (e.g tomato, curry, gravy, bolognaise)			
I can make and stabilise an emulsion sauce (e.g salad dressing, mayonnaise)			
SKILL 9: TENDERISE & MARINATE			
I have made a marinade with spices & I know how acids denature protein			
SKILL 10: DOUGH			
I can make and explain the process of shortening & flaky pastry			

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I can explain gluten formation (pasta, pastry, bread)			
I can explain fermentation (bread yeast)			
I can roll out pastry successfully, line a flan tin and blind bake.			
I can create layers of pastry (e.g palmiers) and know how to glaze			
I can make and pipe choux pastry successfully			
I know and can make a variety of bread types (e.g pizza, flat, bread rolls)			
I can prove, rest a dough and demonstrate a variety of finishing techniques			
SKILL 11: RAISING AGENTS			
I can use eggs as a raising agent (gas-in-liquid foam, whisking whites/sponge)			
I have used chemical raising agents (self-raising flour, baking powder, bicarbonate of soda)			
I can use steam as a raising agent (choux pastry, batter)			
I can use a biological raising agent (yeast in breadmaking)			
SKILL 12: SETTING MIXTURES			
I know and can explain the use of gelatin to set a chilled mixture (custard, cheesecake)			
I can demonstrate setting a mixture using heat on proteins to denature and/or coagulate eggs			

NOTES:

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Track your own progress:

Please write a personal target for each term, including an aspirational Target Grade (what you would like to achieve)

YEAR 9 PERSONAL TARGETS:		Aspirational TG
TERM 1		
TERM 2		
TERM 3		
TERM 4		
TERM 5		
TERM 6		

YEAR 10 PERSONAL TARGETS:		Aspirational TG
TERM 1		
TERM 2		
TERM 3		
TERM 4		
TERM 5		
TERM 6		

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YEAR 11 PERSONAL TARGETS:		Aspirational TG
TERM 1		
TERM 2		
TERM 3		
TERM 4		
TERM 5		
TERM 6		

NON-EXAM ASSESSMENT CRITERIA OVERVIEW 3.7

MARKING CRITERIA: FOOD INVESTIGATION ASSESSMENT NEA1 (10 hours)

Section	Criteria	Maximum marks
A	Research	6
B	Investigation	15
C	Analysis & Evaluation	9
Total		30

MARKING CRITERIA: FOOD PREPARATION ASSESSMENT NEA2 (20 hours)

Section	Criteria	Maximum marks
A	Researching the task	6
B	Demonstrating technical skills	18
C	Planning for the final menu	8
D	Making the final dishes	30
E	Analyse & Evaluate	8
Total		70

NOTES: