



Bramcote College
A member of The White Hills Park Trust

AQA GCSE

FOOD PREPARATION AND NUTRITION





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OBJECTIVES

TO UNDERSTAND

THE AQA FOOD AND NUTRITION COURSE





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2023-2025

FOOD & NUTRITION

THIS COURSE WILL PROVIDE YOU WITH THE KNOWLEDGE, UNDERSTANDING AND SKILLS YOU NEED TO PREPARE AND COOK FOOD SAFELY, USING A WIDE RANGE OF DIFFERENT FOOD COMMODITIES, COOKING SKILLS AND TECHNIQUES AND EQUIPMENT.



THERE ARE 6 MAIN AREAS OF STUDY

- **Food Commodities**
 - **Principles of Nutrition**
 - **Diet and good Health**
 - **The Science of Food.**
 - **Where food comes from.**
 - **Cooking and Food Preparation**
- 



Each of these areas will be assessed in the Principles of Food and Nutrition written examination.





FOOD

PRACTICAL SKILLS

There is a high emphasis on practical skills

These are taught throughout the course and refined before you need them for your NEA 2, these include:

- General practical skills
- Knife skills
- Preparing fruit and vegetables
- Use of the cooker
- Use of equipment
- Cooking methods
- Prepare, combine and shape
- Sauce making
- Tenderise and marinate
- Dough
- Raising agents
- Setting mixtures

NEA 1 Science Investigation Tasks

This is an experiment looking into the function of eggs in a cake mixture.



0 EGGS

short, dense & compact
fell apart when cut



1 EGG

rather dense & compact
held together when cut



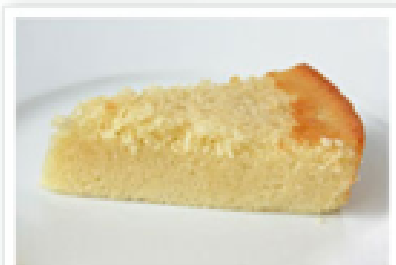
2 EGGS

greater height & lighter texture
even more structural strength



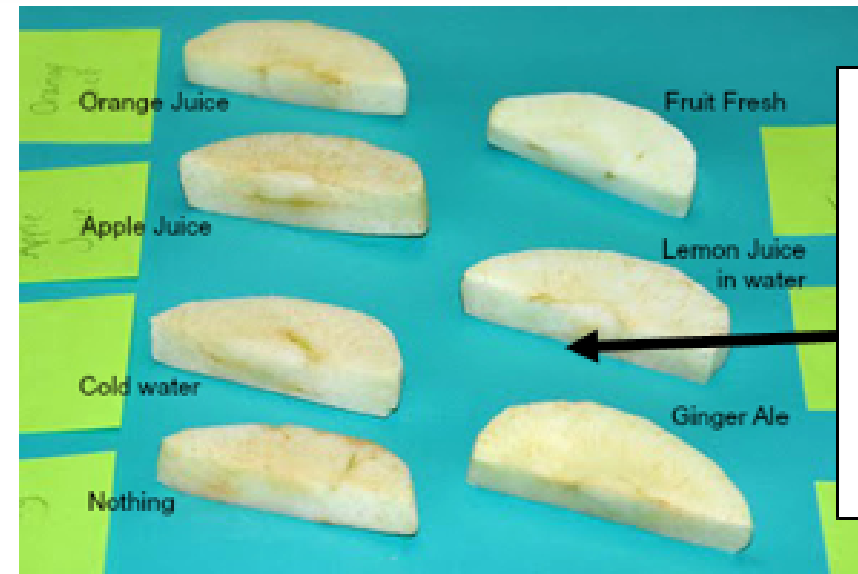
3 EGGS

taller & lighter
slightly spongy texture



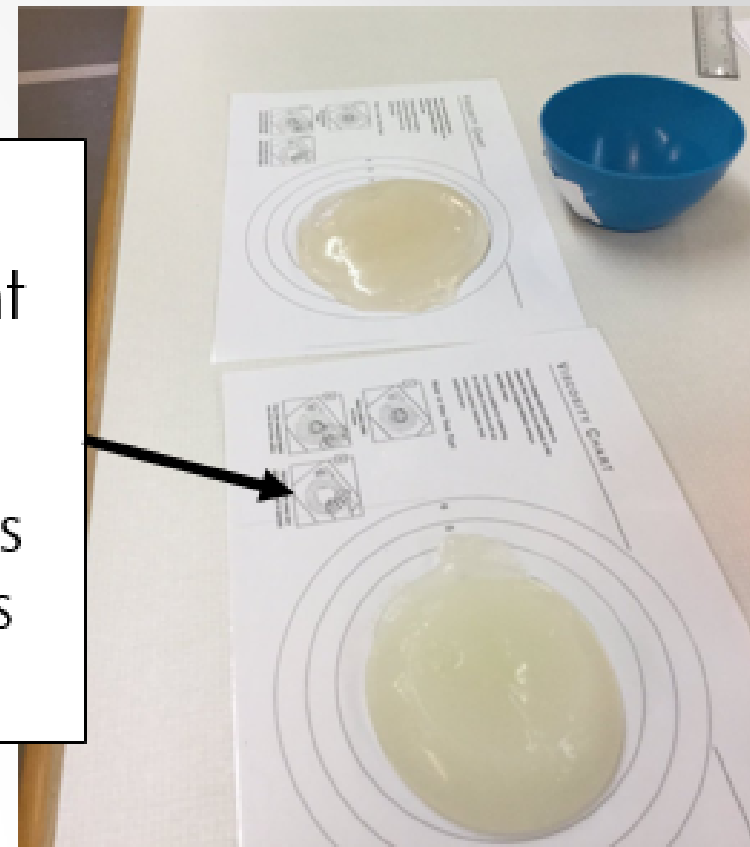
4 EGGS

short, dense & rubbery
we've gone too far!



This is an experiment exploring Enzymic Browning

This is an experiment exploring the differences in starches (flours)



This is an experiment exploring how different factors affect cakes

This is an experiment exploring what happens when you add too much of one ingredient when making biscuits



NEA 2 Food Preparation Task...



These are some examples of dishes produced for a variety of NEA 2 briefs where the pupils are able to showcase their skills and take pride in creative presentation.