

OCR GCSE Food and Nutrition	Assessment: 15% = NEA1 (Food science investigation) 35% = NEA2 (3 hour practical exam and written portfolio) 50% = Written exam
NEA2 Practical exams	Week commencing 6th March 2023
Deadline for NEA hand in	NEA1 - November 2022, NEA2 - March 2023
Written exam (1hr30)	June 2023

NEA 1 & 2:

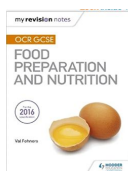
- Use the tracking sheet to help you to focus on the areas of your portfolio that need improving or completing. Use the NEA checklist, exemplar work and the videos on Google classroom to help you to complete these areas.
- **NEA2 Practical exam:** Regularly practice your recipes at home so that you are confident and independent during the exam.
- **NEA2 Practical exam:** Practice garnish and presenting your dish to a high standard. Google 'Food styling' for inspiration.

Written Exam

- **Little and often independent revision will make all the difference!**
- **Revision Google classroom:** All students are invited to join the GCSE Food and Nutrition REVISION Google classroom.
- **Class code - xdckyht**

Revision guide:

ISBN-10 1471887006



Topics to revise

Nutrition

Nutrients and their function (e.g. **Complex carbohydrates** provides slow release energy), **current government guidelines for healthy eating**, i.e. the **4 dietary goals** (reduce salt, reduce fat, reduce sugar and increase fibre. **Adapting recipes** to make them healthier (e.g. adding fruit and vegetables to increase the vitamin and fibre). **Diet related health problems** (e.g. **tooth decay, diabetes** – what is the difference between **type 1 and type 2?**). **Energy balance** - you also need to know what the following terms mean; **PAL – Physical activity level** and **BMR – basal metabolic rate**)

Meat / Protein

What is the difference between HBV and LBV proteins? Nutrients found in meat and their function (e.g. **Macronutrients** - Protein, fat / **Micronutrients** – Iron, Vitamin D, Vitamin B1)

Milk and dairy

Examples of **primary / secondary processing** (e.g. primary processing = milk, secondary = yoghurt), **reasons for not eating dairy products** – Allergies (e.g. **lactose intolerant**), vegan / lacto – ovo vegetarian, **Milk alternatives** – e.g. soya

Fruit and vegetables

Reasons why we should eat 5 fruit and vegetable, seasonal food – definition, benefits, examples.

Bread, rice, potatoes and pasta

Benefits of wholegrain varieties, types and origin/processing (e.g. wheat-flour-bread)

Food hygiene and safety

Bacteria – Conditions needed to grow, **High / low risk, shelf life dates** – best before / use by, **Signs of spoilage** (food going 'off' / 'bad'). **Critical temperatures**

Food choice / Food security

Fair trade – Advantages and disadvantage, Vegetarian / Vegan – reasons, factors affecting the food we choose to eat / cook - Cost, availability, storage and cooking facilities, activity and lifestyle, health and medical reasons

Food science

Functions of ingredients and stages of making (e.g. cakes = creaming and baking, bread = proving, kneading)

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