

# FOOD SCIENCE AND NUTRITION KS5



**What is nutrition?**  
How do we classify nutrients in food?  
What foods are sources of nutrients?  
What do we mean by nutrient rich foods?  
What are the structures of nutrients?  
What are the benefits of good nutrition?  
How can nutrient deficiency affect our bodies?  
What happens to nutrients in foods when they are cooked?

**What is Food Safety and hygiene?**  
**How do we handle and prepare food safely?**  
What is a food allergy?  
What is a food intolerance?  
How can we consider the safe storage and use of allergens when preparing foods?  
What legislation should we ensure is in place to cook food for others?  
How do we dress in a kitchen?  
What are the roles in a kitchen?

**NUTRITIONIST – TEAMS/VISIT**

**VISIT TO LOCAL FOOD HANDLERS AND PROVIDERS – RESTAURANTS, CAFES, TAKE-AWAYS**

**YR12**



**How can we interpret recipes for complex menus?**  
What are the skills involved to produce a food product or dish?  
What are the timings involved with the production of food?  
What is a dovetailed time plan?  
How do we plan for different cooking methods within the same menu?  
What equipment do we need to produce a dish?  
What are advanced skills with ingredients and dishes?

**What are the nutritional needs of different groups?**  
How do we plan for people's nutritional needs?  
What are people's eating patterns?  
How can we analyse a diet?  
What are dietary guidelines?

**Responding to the Learner Assignment Brief  
Unit 1 – Internal Assessment**



**Unit 1 External Assessment – written examination - 1 hour 45 minutes**

**How do we plan and deliver a Learner Assignment Brief?**  
Interpreting and justification of a menu  
How can we analyse the needs of a client/group?  
What are their nutritional needs?  
What do we need to do to plan for the production of dishes?

**How do we revise?**  
What are graduated lead, free response and structured questions?  
What are the different styles of questions?  
How do we respond to a case study?

**YR13**



**How can we ensure that food is safe to eat?**  
How do micro-organisms affect food safety?  
What can we do to safely handle food and prevent food safety hazards?  
How can food cause ill health?  
What is food poisoning?  
What are food allergies?  
How can food be safely managed in different situations?  
How can we minimise food safety risks?

**Unit 1 External Assessment – written examination - 1 hour 45 minutes**



**Unit 3 - LAB set externally**  
**What is a food practical?**  
**A**  
How can we solve food production problems through experimentation?  
What are the scientific properties of food?  
How can the properties of foods change?  
How do acids affect foods?  
How does heat change the properties of foods?  
What are different manufacturing systems to produce foods of different quantities?  
How can we scientifically investigate changes to foods?



**choose A or B**

**Unit 4 – research project**  
**What are the current issues in food science and nutrition?**  
**B**  
How can we use different sources to investigate our project?  
How do we plan and manage a research project?  
How do we evaluate the effectiveness of a research project?  
What is food production and how can it be sustainable?  
What are the ethics of food production?  
How does technology help us develop foods for a global demand?  
How does food culture develop over consumption?  
What are the effects of over consumption on our health?  
How do we educate people to understand the relationship between food and health?  
What is the role of the media in food?



**Exam preparation**  
How can I make sure I am revising effectively for this subject?  
How do I memorise and recall knowledge I need for the exam?  
How do I maximise marks in this subject's exam?  
What are the gaps in my knowledge and how can I address them?  
How do I approach exam questions in this subject to ensure I reach the highest grade?

