

Never Stop Flying

# GCSE Food Preparation and Nutrition

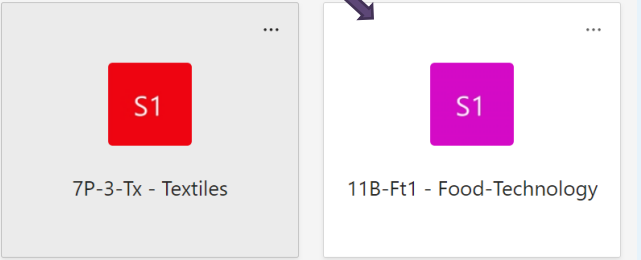
Achieving Excellence through a Values Driven Education



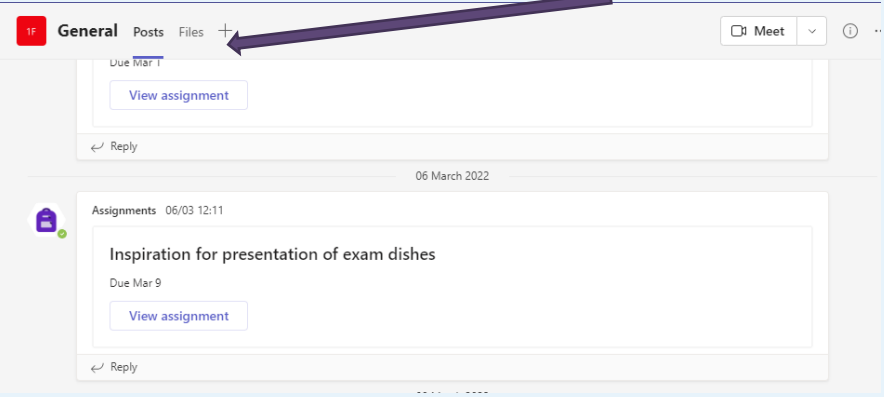
Aim High

# How to Access Revision Material on Teams

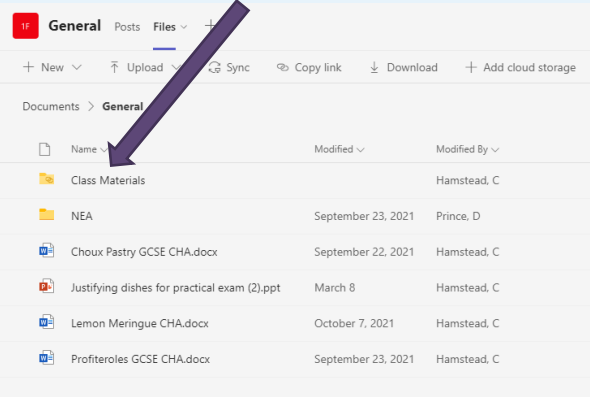
**1. Select your class**  
11B-Fd1 or 11C-Fd1



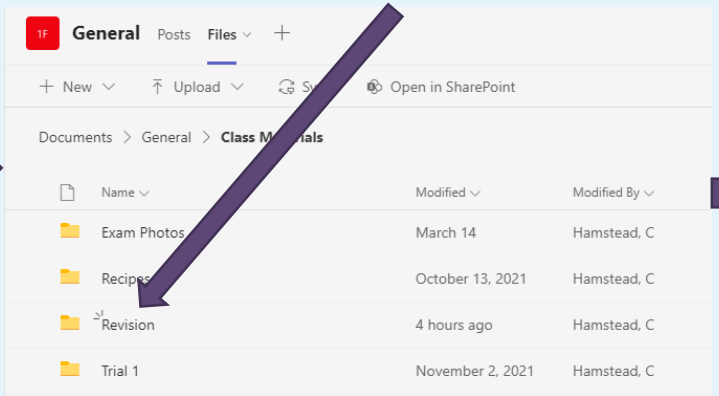
**2. Select Files**



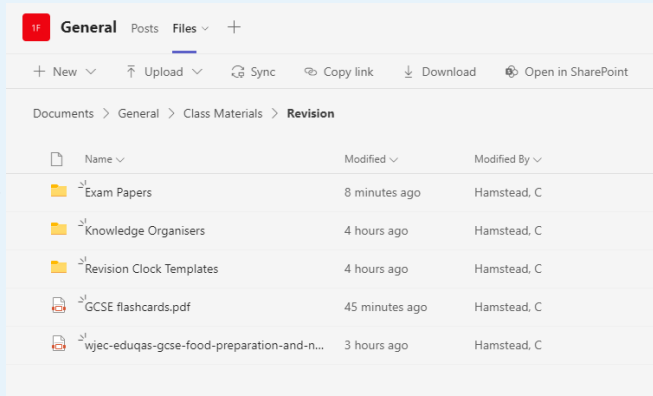
**3. Select Class Material**



**4. Select Revision Folder**



**5. Select Resources**

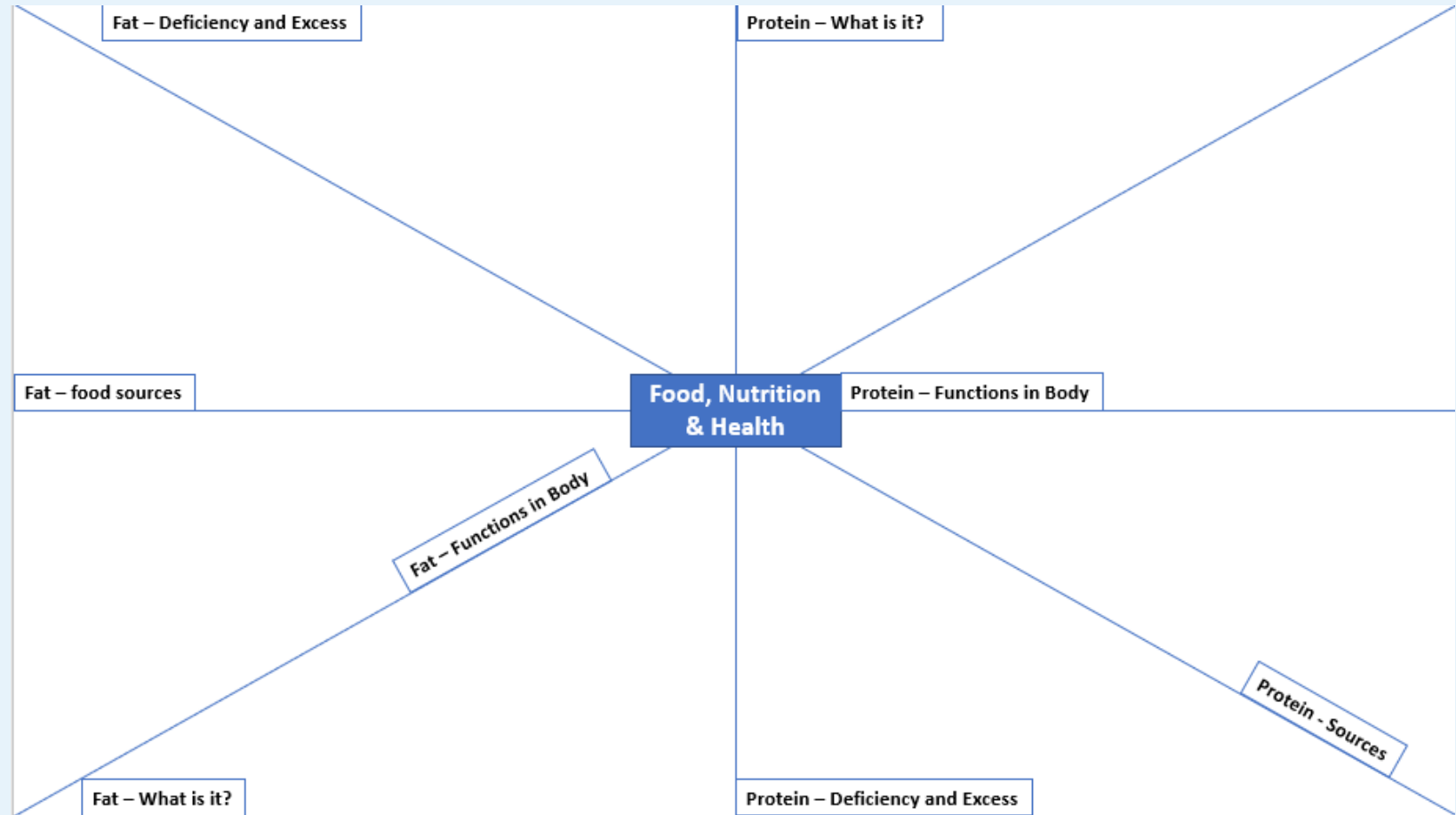


# Revision Clocks

A range of revision clock templates are available in the revision folder on Teams.

This should help you structure your revision in topic areas.

Include only key points and terminology.



# Revision PowerPoints

A range of power-points are in the Revision Folder.

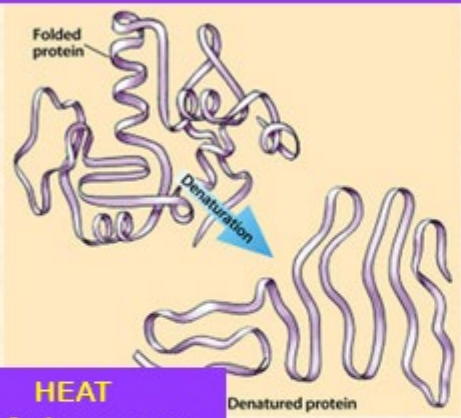
More will be added as we use them in class. Going through these and making notes or flash cards will help you learn key points and terms.

## PROTEIN DENATURING


**PROTEINS DENATURE THROUGH:**

- HEAT
- ACID
- MECHANICAL AGITATION (WHISKING)


**HEAT**  
e.g frying an egg



**ACID**  
e.g marinade

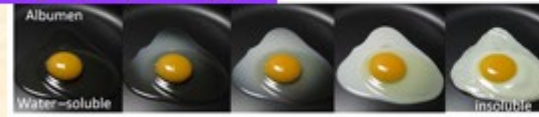


**WHISKING**  
e.g meringues



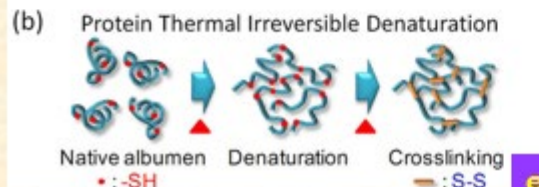
**e.g making cheese**

Albumen  
Water-soluble



insoluble

(b) Protein Thermal Irreversible Denaturation



Native albumen    Denaturation    Crosslinking

• -SH    -S-S



# Knowledge Organisers

A range of Knowledge Organisers are in the Revision Folder. Going through these will help you learn key points and technical terms. This slide is an example of the commodity Meat and Fish.

## Knowledge Organizer Commodities – Meat and Fish

### Meat

Meat is the muscle tissue of animals. The main types of meat eaten in the UK are pork, beef and lamb.

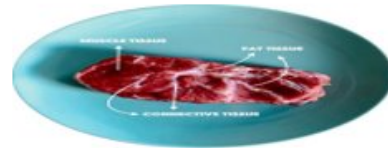
**Beef:** steak, shin, topside, silverside

**Pork:** leg, chop, belly

**Lamb:** chops, shoulder, leg, shank

### Poultry

Chicken is a popular type of poultry. Other types are duck, goose and turkey. Poultry is lower in fat than meat so a healthier choice. The main nutrients in poultry are protein and B group vitamins.



### Cooking Meat

Meat from younger animals is tender and cooks more quickly.

Meat from older animals is tougher and needs a slow, moist method of cooking.

Meat from parts of the animal that move a lot are tough and chewy as they have a lot of muscle and connective tissue and need long slow cooking

### Nutritional Value of meat

Protein – HBV

Saturated fat – depends on cut of meat

Fat-soluble vitamins A, D. Vitamin B varies

Iron - a good source

Meat has a high water content; can be up to 70%

### Rearing Meat

#### Factory farms:

- maximum number of animals reared
- efficiency rather than animal welfare
- conditions for animals often poor and inadequate
- insufficient space to move around
- fattened quickly for slaughter
- drugs used to prevent illness or disease

#### Organic farms:

- animals have a different experience
- animals must be free to range with access to fields
- better living conditions Diet has to be natural
- drugs used only to treat illness
- Growth hormones not used

Quality Assurance schemes



### Fish

Fish can be divided into three groups: white, oily and shellfish.

White fish are named because the fish have white flesh. Oily fish are those that have oil dispersed throughout the flesh.

Shellfish are fish protected by a hard shell.

Type	Uses
White fish	Cod, haddock and plaice
Oily fish	Mackerel, salmon, trout and tuna
Shellfish	Prawns, crab and lobster

### Nutritional Value of fish

**HBV Protein** – growth & repair

**Vitamin B12** - release of energy

**Vitamin E**

**Calcium** - strong bones and teeth

**Vitamin D** - strong bones and teeth

Oily fish is a good source of:

**Iodine**

**Omega 3** – brain tissue development and prevention of heart disease



**Sustainable fishing** aims to preserve fish stocks and habitats such as coral reefs.

Fishing quotas are set by Governments to limit the amount and size of fish caught.

Net sizes are regulated to ensure smaller fish can escape.



# Flash Cards

A range of Flash Cards are in the Revision Folder.

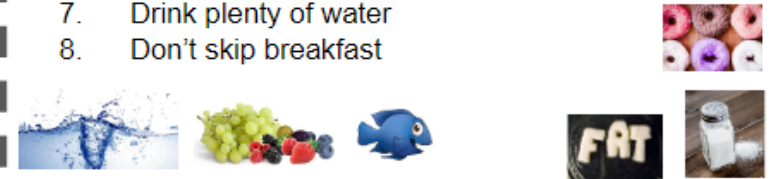
Print these and test your knowledge or get someone else to test you.

**Draw the Eatwell guide**



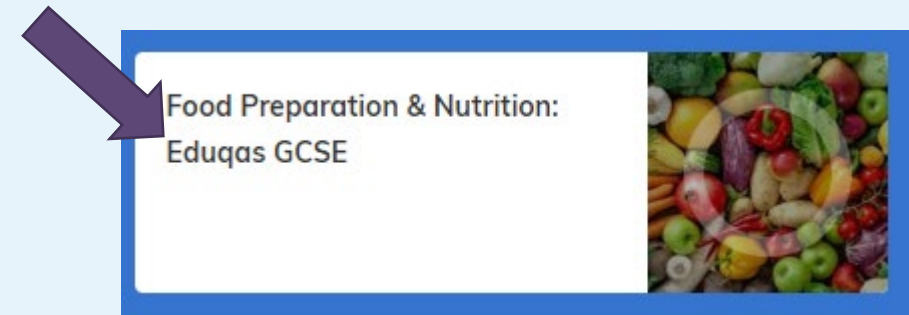
**Can you list the 8 healthy eating guidelines?**

1. Base your meals on starchy carbohydrates
2. Eat lots of fruit and vegetables
3. Eat more fish (omega 3 - good for heart)
4. Cut down on saturated fat and sugar
5. Eat less salt - no more than 6g a day
6. Get active and be a healthy weight
7. Drink plenty of water
8. Don't skip breakfast



# Seneca Learning

- Use the link below to access Seneca Learning. This is an interactive revision resource which gives information, questions and end of module tests. Some sections will be set as home learning. You can access this at any time for revision. Remember to select the Eduqas course.
- <https://app.senecalearning.com/login>



# Revision Guides & Exam Papers

Work through the CGP Revision book and practice workbook (available from school shop). An electronic version of the revision guide is on Teams.

A folder containing past exam papers and mark schemes is also on Teams to test your knowledge along with power-points to help improve your answers to longer mark questions.

