

Information For Parents About End Of Year Exams. – Food Preparation & Nutrition

Year:	7
Length of exam:	60 minutes
Topics / skills being assessed:	<ul style="list-style-type: none"> • Safety and hygiene in a kitchen • Equipment used in Food • The Eatwell guide • The main nutrients and their jobs • The 5 main food groups: which foods belong to which group; where foods come from; how to store them; what nutrients each are good sources of; how they can be used in cooking. <ol style="list-style-type: none"> 1. Fruits and vegetables 2. Starchy carbohydrate foods 3. Dairy foods 4. Meat, fish, poultry and eggs 5. Oils and spreads
Best sources for revision:	<ul style="list-style-type: none"> • Class and homework booklets

Year:	8
Length of exam:	90 minutes
Topics / skills being assessed:	<ul style="list-style-type: none"> • Current Healthy Eating Campaigns: Eatwell guide; 5 a day rule; 8 tips for healthy eating • Different types of Starchy carbohydrate foods • Different cereal crops and their uses • Primary processing of wheat – milling into flour • Breadmaking – process, terminology and functions of each ingredient • Breads form around the world and their origins • Sensory Perception & analysis – how we detect tastes and flavours, carrying out taste tests, star diagrams / profiles • Energy Balance • Comparing energy from sugars and starches • Hydration • Food Packaging and labelling
Best sources for revision:	<ul style="list-style-type: none"> • Class and homework booklets

Year:	9
Length of exam:	90 minutes
Topics / skills being assessed:	<ul style="list-style-type: none"> • Foods from Around the world: why we are eating more multi-cultural foods; different cuisines; traditional dishes and their origins • Current food issues: Food miles; carbon footprint; sustainability; traceability; seasonality; organic; genetic modification • The different nutrients, their functions (jobs), sources, effect of lack or excess: Protein; fat; carbohydrate; vitamins A, B, C, D; minerals Iron and calcium; dietary

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	<p>fibre</p> <ul style="list-style-type: none"> • Factors affecting food choice for different groups and their different nutritional needs: young children; teenagers; vegetarians; religious groups • The different food groups: Fruits and vegetables; Starchy carbohydrate foods; Dairy foods; Meat, fish, poultry and eggs; Oils and spreads • 1. How the different foods are grown / reared / processed • 2. Classification of different foods into groups • 3. How to store different foods • 4. Safe preparation and cooking of different foods • 5. Uses of different foods in cooking • 6. What nutrients each foods are good sources of
Best sources for revision:	<ul style="list-style-type: none"> • Class and homework booklets

Year:	10
Length of exam:	90 minutes
Topics / skills being assessed:	<p>The different food commodities studied in detail over the course of the year:</p> <ol style="list-style-type: none"> 1. fruits and vegetables 2. starchy carbohydrate foods 3. milk & dairy foods 4. meat, poultry fish & eggs 5. alternative protein foods 6. fats and sugars <p>For each food commodity listed above students need to know the following:</p> <ul style="list-style-type: none"> • Classification of foods within the food commodity • The origins of the foods • How they are grown/reared • Primary and secondary processing • Labelling of certain foods • How to store the different foods • Safe preparation of the foods • Different uses in cooking • The changes taking place when the foods are cooked • Nutritional content of the different foods and functions of those nutrients • Health benefits of different foods • The effect of eating too much or not enough of the different foods <p>In addition students must be able to apply knowledge learnt through practical work including:</p> <ul style="list-style-type: none"> • Food safety and hygiene • The different practical skills, processes, methods and terminology • The function of ingredients in different food products <p>They must be able to apply nutritional knowledge including:</p>

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	<ul style="list-style-type: none">• The different nutrients, their functions (jobs), sources, effect of lack or excess: Protein; fat; carbohydrate; vitamins A, B, C, D; minerals Iron and calcium; dietary fibre• Nutritional needs of different groups: young children; teenagers; vegetarians; religious groups
Best sources for revision:	<ul style="list-style-type: none">• Their silver exercise book• The digital text book available using our online account: https://www.illuminate.digital/eduqasfood/ Username: SALT4 Password: STUDENT4