

GCSE Food and Nutrition Unit 1

Personal Learning Checklist



Materials and Component

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Proteins			
Carbohydrates			
Fats			
Vitamins			
Minerals			
Dietary fibre			
Water			
Diet and Health			
Energy Balance			
Methods in the preparation of meals/dishes including: – pastries: short crust and rough puff – cakes and biscuits: rubbed-in, creamed, one stage, whisked – sauces: roux, blended – batters: thin and thick – local cakes and desserts: steamed, baked, boiled, fried 3.2			
Factors to consider when planning meals			
Balanced diet			
Nutritional tools			
Reactions in Food during Preparation and Cooking i) Define the following terms: coagulation, gelatinisation, dextrinisation, caramelisation, enzymic browning, rancidity, smoking point ii) State the occurrences of the above reactions in the preparation and cooking of food			
Evaluation of Food Compare and evaluate the sensory properties (texture, flavour, appearance, aroma) and nutritional value of food			
Food Choices			
Main Food Commodities			
Food Labels			
Food Science			
The Science of Food Preparation and Cooking			
Methods of cooking Explain			
The reasons for cooking food			
Describe how heat is transferred when food is cooked by conduction, convection and radiation			