

Food Preparation and Nutrition– Year 10 Report Feedback Sheet

Please find below information on each of the topics outlined on your child’s report for GCSE Food Preparation and Nutrition. We have broken down each topic into the relevant objectives to help you support your child in improving on their ‘insecure’ or ‘developing’ topics. We have directed you to pages of the digital textbook [Login Screen \(illuminate.digital\)](#) on each of the topics to allow your child to improve further. You can find all of the information you need in the textbook by following the link [Login Screen \(illuminate.digital\)](#) username SBROOKE3 password STUDENT3.

Topic 1 – Food Processing and Production	Resources Digital Textbook
Primary and secondary food processing	Pages 274 - 277
Production of milk	Pages 278 - 283
Technological developments: fortification	Pages 284 - 286
Additives	Pages 287 - 288

Topic 2 – Food Choice and Provenance	Resources Digital Textbook
Factors affecting food choice	Pages 202 - 234
British and International cuisines	Pages 237 - 245
Sensory evaluation	Pages 247 - 254
Environmental impact and sustainability	Pages 255 - 273

Topic 3 – Food Safety	Resources Digital Textbook
Microorganisms and enzymes	Pages -158 - 160
Signs of food spoilage	Pages 161 - 164
Microorganisms in food production	Pages 165 - 170
Bacterial contamination	Pages 171 - 183
Buying and storing food	Pages 185 - 191
Preparing, cooking and storing food	Pages 192 - 201

Topic 4 – Food Nutrition and Health	Resources Digital Textbook
Proteins	Pages 2 - 9
Fats	Pages 10 - 15
Carbohydrates	Pages 16 - 21
Vitamins and Minerals	Pages 22 - 37
Water	
Eatwell guide and Lifestages	Pages 38 - 51
Special dietary needs	Pages 55 - 57
Energy Needs	Pages 58 - 61

Topic 5 – Food Science	Resources Digital Textbook
Heat transfer and methods of cooking	Pages 78 - 89
Functional and Chemical properties: Proteins	Pages 105 - 115

Topic 6 – Practical Skills	Resources



Functional and Chemical properties: Carbohydrates	Pages 116 - 125
Functional and Chemical properties: Fats and Oils	Pages 126 - 137
Functional and Chemical properties: Raising Agents	Pages 140 - 157
Selecting appropriate cooking methods	Pages 90 - 102
