

Food nutrition and preparation

What is a PLC?

A PLC is a Personal Learning Checklist. It covers the **knowledge** that you should have gained during this topic. It can be used to measure your **confidence** with these topics, so you and your teachers know where to develop your knowledge further, so you are **successful**.

How do I complete my PLC?

Start by looking at your list of topics and ask yourself: **How confident and secure am I with this topic and my knowledge and understanding of it?**

Red	I am not confident or secure on this topic. I will need to study and learn more on this to improve my confidence with this.
Amber	I have some knowledge with this topic however further study will develop that knowledge further.
Green	I am confident in my knowledge and understanding of this topic. I feel confidently I can respond to assessment questions in this area and demonstrate my understanding.

Topics	Red	Amber	Green
Food Nutrition and Health- Making informed choices			
Understand what the current guidelines are for a healthy diet			
Able to apply these guidelines to a given menu and make adaptations			
Understand why portion size and costing is important when meal planning			
Understand how peoples nutritional needs change (Age, Lifestyle)			
Able to plan a balanced diet for the different life stages			
Able to plan a balanced meal for specific dietary groups			
Understand how to maintain a healthy body weight throughout life			
Model Answers: What are the current guidelines for healthy eating? How can these be used when meal planning? Would costing have an implication on planning a healthy diet? Plan a balanced diet for someone that is coeliac			
Food Science			
To identify the different types of carbohydrate (Monosaccharide, disaccharide and polysaccharide)			
To be able to provide definitions for the following key terms: - Gelatinisation			

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	<ul style="list-style-type: none"> - Dextrinisation - Caramelisation 			
	Model Answers:			
Food Safety				
	To identify food safety principles when buying and storing food <ul style="list-style-type: none"> - Key temperatures - Use by/best before - Fridge storage 			
	To identify food safety principles when preparing, cooking and serving food <ul style="list-style-type: none"> -Cross contamination -Key temperatures (temperature probe) - The danger zone 			
	Model Answers:			
Food Choice				
	To identify and understand some of the factors that may influence food choice <ul style="list-style-type: none"> - Cost - Dietary requirements - Religion - Moral - 			
	Be able to plan a meal based on these factors			
	Model Answers:			
Food Provenance				
	Identify some of the environmental issues associated with food production			
	Define primary and secondary stages of processing and production Identify food examples			
	Explain how processing affects the sensory and nutritional properties of ingredients.			
	Model Answers:			

Where can I access information to develop my knowledge and understanding?

Look back over your PLC checklist and think about the areas in Red or Amber. **What are your areas of development?** You can now use the PLC list and the resources below to study these areas again and gain more confidence.

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Books	Websites/Links
<p>Revision guide: GCSE AQA Food Preparation and Nutrition (collins guide)</p> <p>Online revision guide:</p>	<p>Microsoft Teams – all your lessons from this topic have been loaded into Microsoft Teams so you can go back and look at these topics again and review your understanding.</p>
	<p>SENECA – Use your class code to complete revision and preparation on SENECA and test your knowledge with practice questions.</p>
	<p>Additional resources:</p> <p>Revision Website:</p> <p>BBC Bite size – use Bite size to search for suitable topics that are covered on your revision lists.</p> <p>CHS Solutions – the school website has a list of CHS Solutions which will support you in further developing your knowledge. The topics on this list all have a specific link to a resource that will further support you.</p> <p>YouTube:</p>