

Year 9 Transition Tasks

Food, Preparation and Nutrition 2021

Completing the tasks in this booklet
will assist you gaining vital
knowledge, which is required for
your GCSE in FP&N.

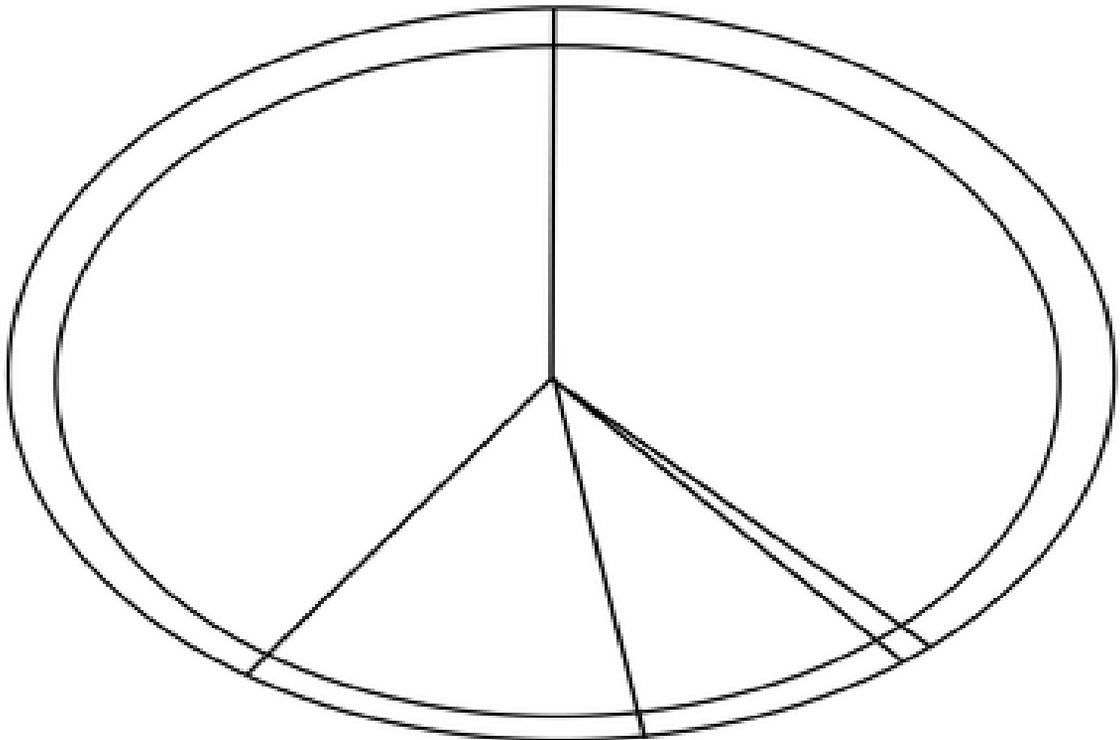
Name: _____

Tutor Group: _____

Task 1: The Eatwell Guide and 8 tips to healthy eating

A. Explain what the Eatwell guide is and why it helps towards a balanced diet.

B. Fill in the Eatwell guide with the section names, nutrients and food examples:



C. List the 8 tips to healthy eating.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Task 2: Macronutrients and Micronutrients

The human body requires specific nutrients to ensure it can function correctly.

A. Name the five nutrients needed in the body?

- 1.
- 2.
- 3.
- 4.
- 5.

B. Define the following:

1. Macronutrients: _____
2. Micronutrients: _____

C. Name the three macronutrients then fill in the rest of the table				
	Macronutrient	Function of each macronutrient	Name the different types of each macronutrient	Food examples of each type
1	P			
2	C			
3	F			

[USE THIS RESOURCE TO HELP ANSWER THE QUESTION:](#)

<https://www.bbc.co.uk/bitesize/guides/znnqghv/revision/1>
<https://www.bbc.co.uk/bitesize/guides/znnqghv/revision/2>
<https://www.bbc.co.uk/bitesize/guides/znnqghv/revision/3>

D.	<u>Categories of vitamins</u>	<u>Names</u>	<u>Functions</u>	<u>Food Sources</u>
F_____ Soluble	Vitamin A	Retinol		
		Beta-carotene		
	Vitamin D			
	Vitamin E			
	Vitamin K			
W_____ Soluble	B- group	B1 - Thiamin		
		B2 - Riboflavin		
		B3 - Niacin		
		Folic Acid		
		B12		
	Vitamin C (Ascorbic Acid)			

E.	Nutrient	Function in the body	Deficiency	Food source
Minerals				
	Calcium			
	Iron			
	Sodium (salt)			
	Fluoride			
	Iodine			
	Phosphorus			
Important Non-nutrients				
	Water			

Task 3: Food Safety and Bacteria

A. Food Safety is an extremely important aspect of Food, Preparation and Nutrition.

List 10 hygiene and safety points that need to be thought about before, after or during handling food.

1.

2.

3.

4.

5.

6.

7.

8.

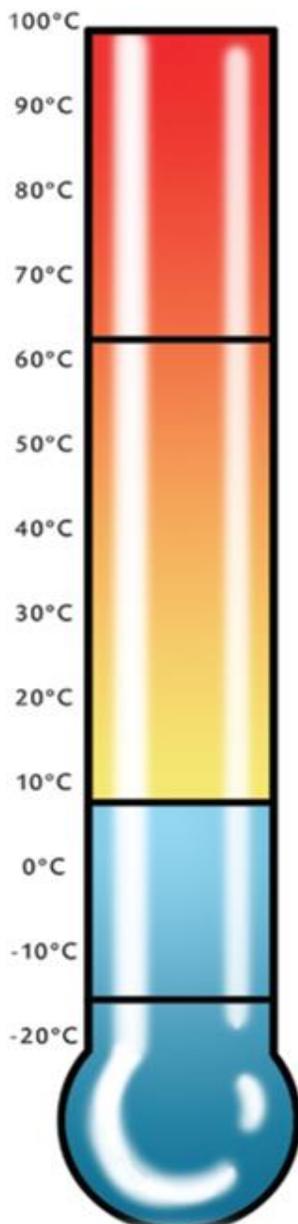
9.

10.

B. Bacteria can spread rapidly and can cause food poisoning of food is not handled correctly or cooked to the correct temperature.

On the thermometer below, add critical control points;

- Fridge temperature
- Freezer temperature
- Danger zone
- Bacteria multiply slowly
- Bacteria are killed



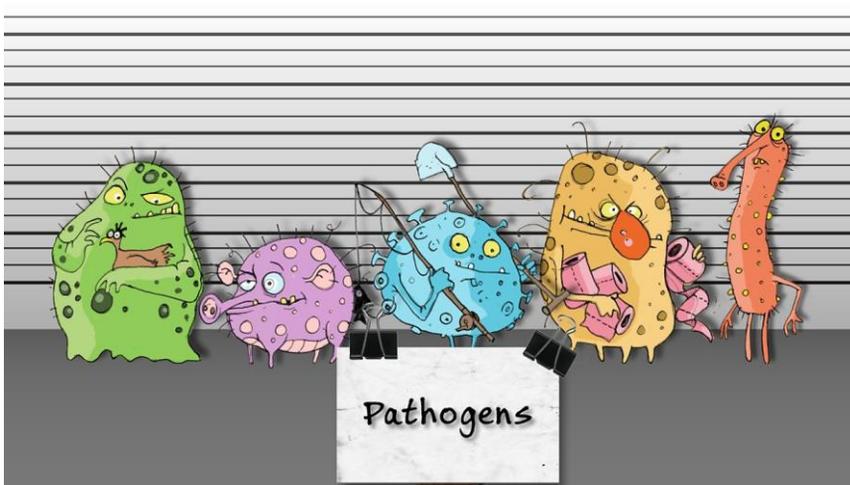
C. The most common cause of food poisoning is bacterial contamination. Bacteria need **4 requirements** to be able to reproduce. What are they and give an explanation for each.

1.

2.

3.

4.



D. There are many different types of pathogenic bacteria which can cause different symptoms of food poisoning. This type of bacteria very rarely change the smell, appearance or taste of the food.

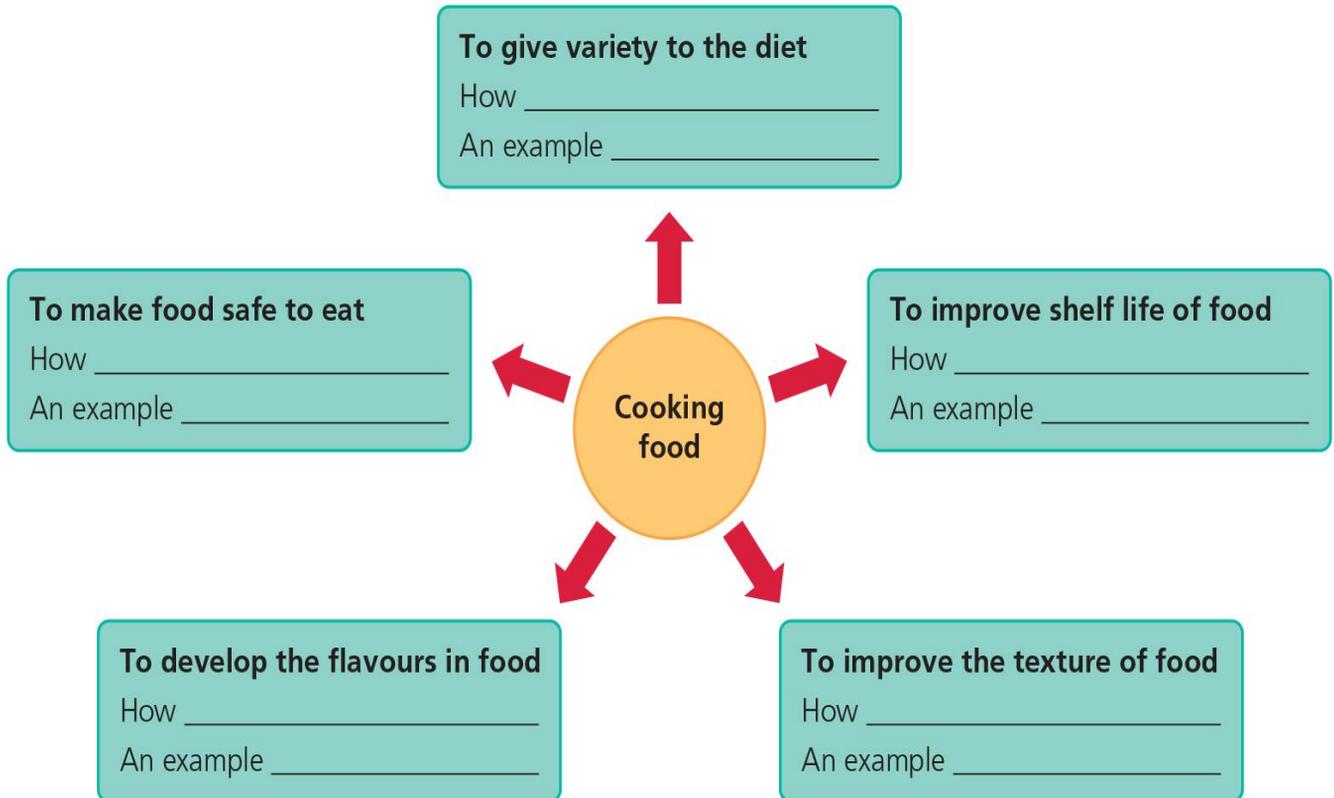
Below are some types of food poisoning. Complete table for the symptoms, sources and where they are found.

Types of bacteria	Food poisoning symptoms	Food sources	Where the bacteria is found
Salmonella	Fever, headache, abdominal pain, diarrhoea, nausea, vomiting		
Campylobacter		Raw or under cooked meat, particular poultry, unpasteurised milk and untreated water	
E-coli			
Staphylococcus			On people (skin, nose, mouth, hair) from cuts, burns, scratches, skin infections, raw untreated milk from cows and goats

Task 4: Food Science

Cooking of Food and Heat Transfer

There are many reasons why we cook food. The diagram below shows the reasons why we cook food. Explain each reason and give an example.



Food is cooked by heat energy.

The 3 ways that heat energy can be passed through food are:

1. C _____
2. C _____
3. R _____

[USE THIS RESOURCE TO HELP ANSWER THE QUESTION:](https://www.scienceofcooking.com/how-is-heat-transferred-in-cooking.html)

<https://www.scienceofcooking.com/how-is-heat-transferred-in-cooking.html>

Using the 3 cooking methods you have found out about on the previous page;
Explain which method is being used in each picture and how the heat is being transferred

<u>Heat Transfer</u>	<u>Example</u>
	 A photograph showing four ears of yellow corn on the cob cooking in a pot of boiling water. Steam is rising from the water, indicating heat transfer through conduction from the pot to the water, and then convection from the water to the corn.
	 A photograph of a barbecue grill with various foods cooking on it, including burgers, sausages, and skewers. The heat is transferred from the grill's surface to the food through conduction.
	 A photograph of a single fried egg in a black frying pan. The egg is cooking on the flat surface of the pan, with heat being transferred through conduction from the pan to the egg.

[USE THIS RESOURCE TO HELP ANSWER THE QUESTION:](https://www.scienceofcooking.com/how-is-heat-transferred-in-cooking.html)

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Task 5: Symbols used in the Food Industry

What do these labels and symbols mean?



Task 6: Key Words and Phrases

Key Words & Phrases	Definition	Key Word & Phrases	Definition
Amino acid		Micronutrient	
Essential amino acids		Macronutrient	
Non-essential amino acids		Aerobic	
High biological value protein		Contamination	
Low biological value protein		Dormant	
Protein complementation		Convection	
Saturated fats		Conduction	
Unsaturated fats		Radiation	
Essential fatty acids		Fair Trade	
Cholesterol		Pathogenic	
Monosaccharide		Non-pathogenic	
Disaccharides		Danger Zone	
Polysaccharides		Free Range	
Glucose		Coagulation	
Insoluble fibre		Dextrinisation	
Soluble fibre		Caramelisation	
Fortified		Enzymic browning	

Task 7: Past Paper Questions

Q1. Fibre and water are essential for good health. For both fibre and water, outline one function in the diet and one health problem caused by not getting enough in the diet. (2 x 2 marks)

Q2. Explain, giving reasons and examples, how some minerals and vitamins work together in the body. (4 marks)

Q3. Give three different reasons why food is cooked. (3 marks)

Q4. The table below lists six micronutrients. Give one function of each. [6 marks]

Micronutrient	Function
A	
B1 (thiamin)	
C (ascorbic acid)	
K	
Calcium	
Fluoride	

Task 8: Additional Reading and Resources

Reading Material:

1. Macronutrients: <https://www.bbc.co.uk/bitesize/guides/znnqqhv/revision/1>
2. Micronutrients: <https://www.bbc.co.uk/bitesize/guides/zpt33k7/revision/1>
3. Food Provenance: <https://www.bbc.co.uk/bitesize/guides/zks8jty/revision/1>
4. Food Safety: <https://www.bbc.co.uk/bitesize/guides/z77v3k7/revision/1>
5. Food Safety (2): <https://www.bbc.co.uk/bitesize/guides/zndnsrd/revision/1>
6. Food Allergies: <https://www.bbc.co.uk/bitesize/guides/z23yfcw/revision/1>

Videos:

1. Food Preparation and Nutrition: <https://vimeo.com/159086614>
2. Food Safety: <https://www.youtube.com/watch?v=flxmB8NKMzE>
3. Food Labelling: <https://www.youtube.com/watch?v=OZOIEYQ0axo>
4. Healthy Eating: <https://www.youtube.com/watch?v=UIQ1Hyq9HG0>

Recommended Revision Books:

1. <https://www.cgpbooks.co.uk/secondary-books/gcse/design-technology/food-prep-nutrition/fnar41-grade-9-1-gcse-food-preparation-nutriti>
2. <https://www.cgpbooks.co.uk/secondary-books/gcse/design-technology/food-prep-nutrition/fnaq41-grade-9-1-gcse-food-preparation-nutriti>