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3.3.1 Cooking of       food safe, develop flavours, improve texture, improve shelf life, give variety in diet. How cooking affect         food and heat       the appearance, colour, flavour texture, smell and overall palatability of food. The different methods of         heat transfer       3.3.1.2 selection of appropriate preparation, convection and radiation.         3.3.1.2 selection of appropriate preparation, cooking methods and times to achieve desired       characteristics. How selection of appropriate preparation and cooking methods can conserve or modify         nutritive value or improve palatability: water based: steaming, boiling, simmering, blanching, poaching,       braising. Dry methods: baking, roasting, grilling, dry frying. Fat based: shallow frying, stir fry. How         preparation and cooking affect the appearance, colour, flavour, texture, smell and overall palatability of       food or get the use of marinade to denature protein.         3.3.2 Functional and       24.04.18       3.3.2.1 Proteins- denaturation, coagulation, gluten formation, foam formation. The scientific principles         underlying these processes when preparing and cooking food. The working characteristics, functional and chemical properties of proteins.       3.3.2.2 carbohydrates -gelatinisation, dextrinisation, caramelisation. The scientific principles underlying these processes when preparing and cooking food. The working characteristics, functional and chemical properties of proteins.         3.3.2.3       Shortening, aeration, plasticity, emulsification - The scientific principles underlying these processes when preparing and cooking characteristics, functional and chemical properties of fa			
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properties of proteins.			
3.3.2.5 Raising Agents Chemical (baking powder, bicarbonate of soda, self-raising flours which produce			
carbon dioxide) Mechanical (whisking, beating, folding, sieving, creaming and rubbing in- all incorporate air			
into the mixture). Steam is produced when water in any moist mixture reaches boiling point. Biological			
(yeast) The scientific principles underlying these processes when preparing and cooking food. The working			
characteristics, functional and chemical properties of raising agents.			
	3.4 Food Safety		
	3.4.1 Food Spoilage		
and contamination, microorganism- control of microorganism growth: temperature control, pH, water availability.	and contamination,	microorganism- control of microorganism growth: temperature control, pH, water availability.	
High risks foods- ready to eat moist foods, usually high in protein that easily support the growth of			
pathogenic bacteria and do not require any further treatment or cooking. Enzymes are biological catalyst			
usually made from protein, control of enzyme action: blanching of vegetables before freezing, use of acid		usually made from protein, control of enzyme action: blanching of vegetables before freezing, use of acid	
to prevent enzymic browning.			

	3.4.1.2 The signs if food spoilage- Enzymic action- ripening of bananas, browning of some fruits. Mould	
	growth- eg on bread and cheese. Recognise the signs of mould growth on foods. Yeast action on fruits eg	
	grapes, strawberries and tomatoes.	
	3.4.1.3 Microorganisms in food production- moulds in the production of blue cheese, yeast to raise bread,	
2414	bacteria in yoghurt and cheese production.	
3.4.1.4	3.4.1.4 Bacterial contamination- the different source of bacterial contamination, the main types of	
Bacterial	bacteria which cause food poising, the main sources and methods of control of different food poising bacterial types, the general symptoms of food poisoning.	
contamination	Contamination from: other contaminated foods including the following raw foods: meat, poultry, eggs,	
3.4.2.1 Buying and storing food,	seafood and vegetable, work surfaces and equipment, the people cooking, pest, waste food and rubbish,	
3.4.2.2 Preparing,	campylobacter, e-coli, salmonella, listeria, staphylocococcus aureus	
cooking and serving	3.4.2.1 Buying and storing food- The food safety principles when buying and storing food. Temperature	
food	control: freezing -18c, chilling 0- to below 5c, danger zones 5 to 63c, cooking: 75%, reheating: 75%,	
1000	ambient storage, temperature danger zone, correct use of domestic fridge and freezer, date, 'best	
	before' and 'use by' date, covering food.	
	3.4.2.2 Preparing, cooking and serving food- The food safety principles when preparing, cooking and	
	serving food. Personal hygiene, clean work surfaces, separate raw and cooked foods and use of spate	
	utensils, correct cooking times, appropriate temperature control including: defrosting and reheating.	
	Appropriate care with high risk foods, correct use of food temperature probes.	
3.5 Food Choice	3.5.1 Factors affecting food choice	
3.5.1.1 Factors	3.5.1.1 Factors which influence food choice- to know and understand factors which may influence food	
which influence	choice- the following factor min relation to food choice: physical (*Pal) , celebration/occasion, cost of	
food choice	food, preferences, enjoyment, food availability, healthy eating, income, lifestyles, seasonality, time of day,	
	time available to prepare/cook, modification to recipes.	
3.5.1.2 Food	3.5.1.2 Food Choices- Food choice related to religion- Buddhism, Christianity, Hinduism, Islam , Judaism ,	
Choices	Rastafarianism and Sikhism culture, ethical and moral beliefs- animal welfare, fairtrade, local produce,	
3.5.13 Food	organic, Genetically Modified (GM) Foods and medical conditions- food intolerance (gluten and lactose)	
Labelling	and flowing allergies: nuts, eggs, milk, wheat, fish and shellfish.	
_	3.5.13 Food Labelling- How information about food available to the consumer, including labelling and	
	marketing influences food choice, mandatory information included on food packing on accordance with	
	current European Union and Food Standards Agency (FSA) legislation.	
	Non Mandatory information: provenance, serving suggestions, how to interpret nutritional labelling, how	
	food marketing can influence food choice eg buy one get one free, special offers, meal deals , media	
	influence, advertising point of sale marketing.	
3.5.2 British and	Food products from British tradition and two different cuisines, schools or colleges/students can select	
International	different cuisines to study.	
Cuisine	Cuisines is defines as 'a style characteristic of particular country or region where the cuisine have	
	developed historically using distinctive ingredients, specific preparation and cooking method or equipment,	
	and presentation or serving techniques'	
	Distinctive features and characteristics of cooking, equipment and cooking methods used, eating, patterns,	
	presentation styles, traditional and modern variation of recipes.	
3.5.3 Sensory	Sensory testing methods, how taste receptors and olfactory systems work when tasting food. Importance	
Analysis (NEA 2)	of senses when making food choices: sight, taste, touch and aroma, preference tests: paired preference,	
	hedonic, Discrimination tests; triangle, grading tests: ranking, rating and profiling, how to set a taste	
	panel, controlled conditions required for sensory testing, evaluating how senses guide, evaluating a wide	
	range of ingredients and food from Britain and other countries, how to test sensory qualities of a wide	
2 6 Feed Damas	range of foods and combinations 3.6.1.1 Food sources	
3.6 Food Provence		
3.6.1 Environmental impact and	Where and how ingredients are grown, reared and caught- grown ingredients: fruits, vegetables and cereals, reared ingredients: meat and poultry, caught ingredients: fish, an understanding of: organic and	
sustainability of	cereals, reared ingredients: meat and poultry, caught ingredients: fish, an understanding of: organic and conventional farming, free range production, intensive farming, sustainable fishing, advantages and	
food	disadvantages of local produced foods, seasonal food and Genetically modified (GM) foods.	
3.6.1.1 Food sources	a subtraininges of rocar produced rocas, seasonar rood and cenericarly modified (ON) roods.	
3.6.1.2 Food and	3.6.1.2Food and the environment- Environmental issues associated with food- Seasonal foods,	
the environment	sustainability eq fish farming, transportation, organic food, the reasons for buying locally produced food,	
3.6.1.3	the reasons for buying locally produced food, food waste in home/food reduction/retailers, environment	
Sustainability of	issues related to packaging, carbon footprint	
food	3.6.1.3 Sustainability of food- the impact of food and food security on local and global markets and	
	communities- the challenges to provide the world's growing population with a sustainable, secure, supply of	
	safe, nutritious and affordable high-quality food. Students must have an awareness: Climate change, global	
	warming, sustainability of food sources, insufficient land for growing, available of food, fair trade,	
	problems of drought and flooding, Genetically Modified (GM), food waste.	
3.6.2 Food	3.6.2 Food processing and production - 3.6.2.1 Food Production	
processing and	-Primary and secondary stages of processing and production, how processing affects the sensory and	
production 3.6.2.1	nutritional properties of ingredients primary processing related to the rearing: fishing, growing,	
Food Production	harvesting and cleaning of the raw food material (milling of wheat to flour, heat treatment of milk, milk to	
Technological	cheese and yoghurt, fruit to jams), loss of vitamins through heating and drying, the effect of heating and	
developments	drying on the sensory characteristics of milk.	
associated with	Technological developments associated with better health and food production- Technological	
better health and	developments to support better health and food production including fortification and modified with	
food production	health benefits and the efficacy of these., cholesterol lowering spreads, health benefits of fortification,	
	fortified foods: thiamine, niacin, calcium and iron added to white flour, folic acid and iron added to	
	breakfast cereal	
	Vitamin A and D added to fats and low fat spreads, the positive and negative aspects of the use of	
	additives: colouring, emulsifiers and stabilisers, flavourings and preservatives, the positive and negative	
	aspects of Genetically Modified (GM) foods.	