



Getting Ready for...

KS4 (GCSE) Food Preparation and Nutrition

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April 2020



Activities

1. The Eatwell Guide

The Eatwell guide is the recommended proportions of food most people should be eating across the day.

- Can you name all the sections of the Eatwell guide?
- Make a list of the sections, including examples of food or drinks found in each one and explain their function in the body.
- Can you extend this by saying what would happen if a person had too much or too little of each nutrient?



2. Nutrition Through Life

Nutritional needs change as people get older. This is for a variety of reasons such as activity levels, growth, and development.

- Find out what the nutritional requirements are at each life stage and create a story board to show your findings.
- Can you extend this by explaining what might happen to children if they do not get all the nutrients they need?

3. Special Dietary Needs

There are lots of reasons people follow a special diet such as vegetarian, lactose free or gluten free.

- Investigate two special diets and create a fact file to help you plan meals for them.

You should include the following information:

- What foods should be avoided?
 - What are the alternatives?
 - Will someone risk losing out on any nutrients because of the special diet?
- Can you extend this by suggesting three meals that someone following this special diet could consume by swapping ingredients they can't have for ones they can have?





4. Cultural Cuisine

Every culture has its own signature dishes based on the foods they produce as a country or their staple foods.

- Select a European country and explore the foods they produce and the staple foods they use.
- Use this information to plan a menu for a restaurant based on your findings.
- Can you extend this by comparing the cuisine of the country you have selected with that of another country in a different part of the world?



5. Food Waste

Food waste is an issue both domestically and commercially. It is contributing to environmental pollution and can be reduced by making small simple changes to the way we treat food.

- Show how some of these changes can be made by designing a mobile app to help people reduce food waste. This might include suggestions on things they can do around the home or ways they can use food that might otherwise be thrown away.
- Can you extend this by suggesting other types of waste we can cut down on in the kitchen?

6. Farming Methods

There are two main methods of farming in the UK: intensive and free range/organic.

- Can you write a newspaper article to inform the public of the difference between the two farming methods?
- Can you extend this by suggesting some advantages and disadvantages to each one?



7. Carbon Footprint

Carbon footprint in relation to food is the amount of carbon produced in the process of the food going from farm to fork. Food miles is one of the main factors in a products carbon footprint.

- Investigate in which seasons the following foods are naturally available in the UK and where they come from for the rest of the year:
 - Strawberries
 - Carrots
 - Onions
 - Pears
- Can you extend this by explaining what GM foods are and what the benefits or limitations of using these ingredients could be?

8. Knife Skills

There are a variety of different knives and cutting techniques used in food production.

- Investigate the different methods of preparing fruits and vegetables.
- Can you extend this by suggesting the most suitable dishes for each of the techniques?



9. Food Packaging

There are a range of factors that influence food choice (e.g. nutritional content, allergies, preferences, and personal tastes). To make those decisions there are some key pieces of information that should be displayed on food packaging.

- Select a food product you have in your home and see if you can identify the 10 key pieces of information on its packaging.
- Can you extend this by saying why each piece of information is important?

10. Food and Religion

Across the world there are a variety of religions observed. Some religions have restrictions on the foods that can be consumed by their followers.

- Demonstrate your understanding of these restrictions by planning a menu for two different religious diets.
- Can you extend this by explaining the choices you have made by referring to the beliefs held by each religion?

