

EDEXCEL GCSE FOOD TECHNOLOGY

COURSEWORK: 40- 50 HOURS	60%
EXAMINATION: 1 PAPER 1½HOURS	Foundation and Higher – 40%

TOPICS TO REVISE

1.Nutrition

Protein, Fat, carbohydrate (sugar, starches, NSP) vitamins, minerals.
Good sources and function of each.
Nutritional requirements – EARS, RNIs, DRVS
Need of a specific group e.g. babies, teenagers, invalids, convalescents
Healthy Eating

2. Main Foods – commodities

Cereals, milk, meat, fish, eggs, fruit, vegetables, oils, fats.
Functional properties and characteristics e.g. gelatinisation of starch, browning reactions.

3. Secondary Foods

Advantages and disadvantages of processing foods.
Mechanical processing.
Heat processing- hot, cold, dry
Chemical processing
Additives.
Irradiation
Preservation.

4. Choice of foods

Presentation- appearance, colour, texture, taste
Storage, shelf life
Packaging, reasons for, materials used, information, labelling, e.g. symbols
Specifications
Altering food components for a specification.

5. Processing Foods

Foods can be shaped by cutting, slicing, mincing, grating and piping.
Use of electrical equipment – mixers, blenders, food processors.
Use of composites – e.g. ready made pastry, stock cubes, baking powder.
Foods can be changed to enhance appearance, nutritional value, and texture.
Shelf life – improved using fat, sugar and preservative.
Enrichment e.g., egg in dough, pulses to protein
Sensory Analysis
Use of standard component parts e.g. pizza bases.

Accurate weighing and measuring
Methods of cooking and heat transference

6. Food Hygiene

Food Safety – health and safety legislation especially 1990 and 1995 acts.
HACCP as used in production and manufacture of foods.
Prevention and manufacture of foods.

7. Product Manufacture

One off
Batch
Mass production
Use of ICT, Cad, CAM in production
Quality control and quality assurance of food products

8. Consumer issues

Importance of product reliability, safety.
Modern food materials and processes.
Marketing of food products (research, prototypes, trialling)

9. Moral Issues

Factory farming, GM Foods
Influences of different cultures e.g. foreign, vegetarians

10. Environmental issues

Conservation of resources.
Avoidance of waste and pollution.
Recycling.

N.B. REMEMBER THAT YOUR EXAMINATION CAN TEST ANY PART OF YOUR WORK AND WILL PULL ON PARTS OF YOUR COURSEWORK KNOWLEDGE AND TECHNIQUES AS WELL AS THE PRACTICAL SKILLS YOU HAVE DEVELOPED.

READ THIS AND YOU MAY IMPROVE YOUR FOOD TECH GCSE

MARK!!

Of course you need to revise for the food technology exam to attain a good grade, but using the **correct exam techniques could maximise your marks**. You will of course need a bit of good luck and I wish you heaps of this!!

OK –The Usual stuff:

- Your full name is always useful!
- Skim through the whole exam paper to see where the last question is! It maybe on the back page.
- Don't forget pencil and coloured crayons for the design question.
- There are 4 questions, each worth 22 marks. I.e. a 4 mark question will take four times as long as a 1 mark question. Approx one mark per minute.
- Have a look at the design question first, you don't have to do it first, but you can start thinking of possible ideas or at least your subconscious can!!
- Read each one of the four questions through before you start to answer it.
- A 2 mark question is after two pieces of information, these could be linked by the word **because** or **an example** or **a reason why** or **which** or **may lead to**.
- If there is a question that involves completing a table or a flow chart that has been part completed, note the wording that has been used, this is a guide to show the detail required in the boxes you have to fill in.

Now the specific stuff:

- If it asks for a specific food – don't answer vegetables or meat, but describe the type of meat or vegetables.
- If the question refers to chilling – don't then write about freezing! Chilling temps is 1-5°C
- Don't use the word germs- use bacteria and remember cooking kills bacteria and prevents food poisoning, chilling slows down the growth of bacteria, freezing makes them dormant.
- Be specific about Vitamins i.e. which one – learn them!
- On a flow chart question, you will get more marks if it is in the right order!
- Questions on equipment, don't forget to include the words: microwave **oven**, **electric** hand held whisk, **industrial** oven, **kitchen** scissors.

The Design Question. (YOU WILL DEFINITELY GET ONE OF THESE QUESTIONS)

- Underline the two key words in the specification points given – you are expected to make reference to each of these 8 points in your design sketch using labels. Use pencil/crayons, cross sections, measurements, weights of components, bird's eye view- whatever it takes to get your idea across. Packaging **if relevant**.
- For the second design do not repeat any of these ideas but think of eight more e.g. a different type of cake coating, a different type of potato base, REMEMBER red icing is not different enough to green icing.
- The evaluation part of this question – It can include negative and positive comments, justify your comments, if your design fails to meet the design specification point, point out how it could with further development.

Product Analysis Question (YOU WILL GET ONE OF THESE QUESTIONS ASWELL)

- This question will give you information about a commercially prepared product, in the form of an illustration of the packaging with additional information. Study this information before you answer the question.
- Check whether it is **frozen**, **chilled** or **ambient** product, its portion size, whether it's suitable for vegetarians, any special claims, advertising etc. Basically read every bit of information – it is there to help you.
- It will ask you to give three more specification points for the product DO NOT REPEAT THE ONES YOU HAVE BEEN GIVEN, each point asks for a reason (use the word because).

Useful revision books and websites:

Revise for Edexcel GCSE Food Technology Barbara Clapton, Belinda Campbell ISBN 0-435-41719-3
(Heinemann)

GCSE Design and Technology – Food Technology The Revision Guide (CGP) – ISBN 1 84146 790 1

<http://www.bbc.co.uk/schools/gcsebitesize/design/foodtech/>

<http://www.nutrition.org.uk/>

<http://www.foodforum.org.uk/>

GO FOR IT and GOOD LUCK from Mrs

Heighton