

# Getting Ready for...

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## **KS5 (A Level) Food Preparation and Nutrition**

Commissioned by GCSEPod.

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# Activities

## 1. Nutritional analysis

It is a legal requirement for food packaging to contain nutritional values. This is to ensure the public is informed to enable them to make the right food choices. We can work out the nutritional content of a dish manually by using the nutritional content of the ingredients in the foods we use.

- Investigate the process used to create nutritional values by following the instructions below to complete the table:
  - Find the nutritional values for each ingredient online
  - Work out the nutritional values for the amounts you have used [i.e. if 100 g of plain flour contains 357 kcal, you would divide that by 4 to get the kcal amount for 25g]
  - Write the figure into each column
  - Add each column up for the total amounts in the dish

	kcal	Carbohydrates	Sugar	Fat	Protein	Salt
25 g plain flour						
25 g butter						
500 ml whole milk						
100 g pasta						
100 g cheddar cheese						
Total						

- Can you extend this by suggesting ways to make the dish healthier?

## 2. Life stages

Nutritional needs change with each stage of life. The nutrients required by babies are quite different to those required by elderly people.

- Scrutinise the requirements of each life stage and create a fact file for each stage detailing the following:
  - Calorie requirements
  - Particularly important nutrients
  - General eating guidelines
  - Special requirements of each gender at the life stage
- Can you extend this by explaining what the risks of poor nutrition are at each life stage?

## 3. Government guidelines

The government suggests that most people over the age of 5 follow the Eatwell guide as well as 8 other carefully selected guidelines to help ensure we are all receiving the right nutrients.

- Using these pieces of information, create a 3-day diet plan for someone aged 18-25 who is about to move away to university. Remember to consider information about their nutritional needs as well as government guidelines.
- Can you extend this by suggesting ways they could cut down on what they spend on food to enable them to eat a balanced diet on a budget?



## 4. Sugar

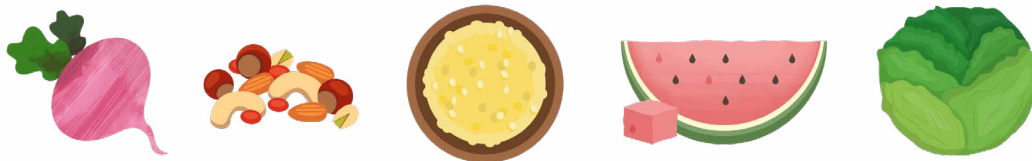
Too much sugar can have a negative impact on health. It can lead to harmful long-term effects.

- Explore the effect too much sugar can have on the body and produce a leaflet that could be placed in a doctor's waiting room.
- Can you extend this by suggesting small swaps a person could make and create a 1-day meal plan which promotes these changes?

## 5. Vegans and vegetarians

There are a variety of reasons why someone may choose to eat a vegetarian or vegan diet. It may be to help the environment, or due to ethical or religious beliefs.

- Examine how becoming a vegetarian or vegan can impact on nutritional needs and explain how they can be overcome.
- Can you extend this by suggesting other reasons people may not be able to meet their nutritional needs, aside from following a vegetarian or vegan diet?



## 6. Ethical and moral food choices

Some consumers are very conscious of the ethical impact of choosing to eat certain types of food, for example, intensively farmed meat. To address this a variety of assurance schemes were set up to help change the way food is grown or reared to make it more ethically responsible. For example, the Red Tractor logo or Fairtrade.

- Discuss different ethical issues that may arise when growing or rearing food. Include information about the role the assurance schemes play in addressing this.
- Can you extend this by researching genetically modified (GM) foods and scrutinising the benefits and limitations?

## 7. Allergies and intolerances

Many people have allergies or intolerances to foods that can cause quite severe and potentially fatal reactions if they consume them.

- Investigate and explain the processes a restaurant must undertake to prevent the cross contamination of allergens.
- Can you extend this by explaining the difference between an allergy and an intolerance, by explaining the visible and invisible symptoms of each?

## 8. Overnutrition

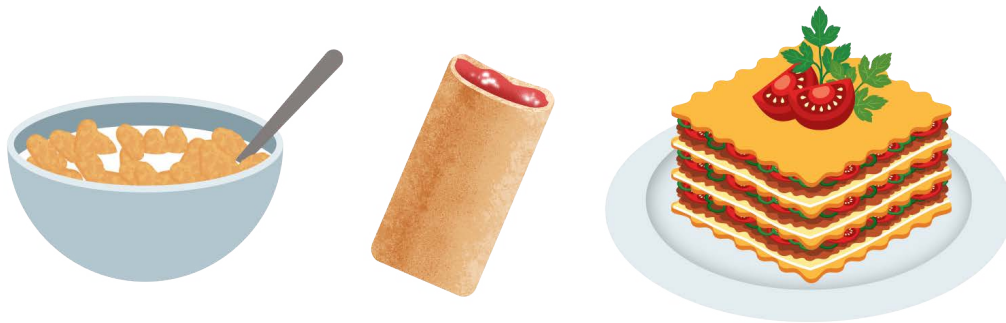
Overnutrition can cause serious and potentially life-threatening issues in the body.

- Research the issues that could arise and design a social media campaign aimed at people aged 25-35 to help encourage them to make more healthy food choices by informing them of the risks of overnutrition.
- Can you extend this by suggesting lifestyle changes a sedentary office worker could make to their daily life to help increase their activity?

## 9. Market influence

Market influence is widely used to persuade customers to buy a range of products. Often techniques such as brand endorsements, health claims, position in the supermarket and pricing are used to have a greater impact on customers and consumers.

- Suggest how advertising and marketing techniques are used to influence purchases such as:
  - Cereal
  - New products (new flavours or a brand-new product to the market)
  - Meals
- Can you extend this by explaining how marketing is used to encourage customers on a lower budget to purchase processed foods?



## 10. Fortification

Fortification was introduced in World War Two in response to the rationing of food products which meant that people were unable to include as much variety in their diet as we have today.

- Investigate which products were fortified in the UK and what nutritional benefit this had.
- Can you extend this by explaining how people could add more variety to their diet without the use of rationing books and fortification?