Task 1: Nutrients & Functions

Focus: Nutrition science

Create a fact file (on a different piece of paper) written or typed for FOUR nutrients:

Carbohydrates

Protein

Fats

Vitamins & Minerals

For each, include:

Function in the body

Food sources

Excess or deficiency effects

Challenge:

Explain why teenagers have higher nutritional needs.

_____

_____

_____

Task 2: Food Science – Heat Transfer

Focus: Cooking methods

Choose two cooking methods:

Boiling

Baking

Grilling

Frying

Explain:

How heat is transferred (conduction, convection, radiation)

_____
_____
_____
_____

One advantage and one disadvantage of each method

_____
_____
_____

Task 3: Food Safety & Hygiene

Focus: Preventing food poisoning

Research and explain:

High-risk foods

The temperature danger zone

How cross-contamination occurs

Challenge:

Describe safe storage for raw meat at home.

_____
_____
_____

Task 4: Practical Skills Evaluation

Focus: NEA preparation

After completing a practical at home or school:

Name the dish

List the skills used (e.g. kneading, sautéing)

Identify one strength and one improvement

Year 11 Home Learning Tasks

Task 5: Food Choice Factors

Focus: Theory exam content

Explain FOUR factors affecting food choice:

Cost

Culture

Religion

Ethical concerns

Health

Give an example for each.

Task 6: Functional & Chemical Properties

Focus: Food science

Choose TWO ingredients:

Eggs

Flour

Sugar

Fats

Explain:

Their functional properties

_____

_____

Chemical changes when heated

_____
_____
_____

Dishes where these properties are important

_____
_____
_____

Task 7: Food Investigation Revision

Focus: Science of food

What is gelatinisation?

_____
_____
_____

What is coagulation?

_____
_____
_____

How does yeast work in bread making?

_____
_____
_____

Challenge:

Link each process to a practical example.

Task 8: NEA 2 Food Preparation Task

Focus: Planning and evaluation

Plan a 3-dish menu suitable for a teenager.

Include:

Nutritional balance

Variety of skills

Time plan (brief outline)

Task 9: Exam-Style Question

Focus: Written exam practice

“Explain why temperature control is important when preparing and storing food.”

_____
_____
_____
_____
_____
_____
_____

Challenge:

Include examples of bacteria and safe temperatures.