

FOOD PREPARATION AND NUTRITION PERSONAL LEARNIG CHECKLIST (PLC) 2025

Subject Content 1 – Food Nutrition and Health

Content	R.A.G	Application of knowledge and food prep skills	R.A.G
MACRONUTRIENTS PROTEIN 3.2.1.1			
Low and high biological value proteins		Modify recipes for vegetarian diets.	
Protein complementation		Knife skills – meat, fish or their alternatives (S2).	
Protein alternatives eg textured vegetables		How acids denature and coagulate protein (S9).	
Protein (TVP), soya, mycoprotein and tofu		Make a Bolognese sauce using meat or a meat alternative (S8).	
The functions of proteins			
The main sources of proteins			
The effects of deficiency and excess of proteins			
Related dietary reference values DRV's (which is intake) for particular groups			
MACRONUTRIENTS FATS 3.2.1.2			
What are saturated fats		Make a pastry, shape and finish a pastry (S10)	
What are unsaturated fats (monounsaturated and polyunsaturated).		Use a food processor to make pastry (S5)	
The functions of fats		Adapt methods of cooking to reduce fat, e.g grilling instead of frying,	
The main sources of fats		Modify a recipe to reduce total fat	
The effects of deficiency and excess			
Related dietary reference values.			
MACRONUTRIENTS CARBOHYDRATES 3.2.1.3			
Starch (polysaccharides) •		Use starch to set a mixture (S12).	
Sugars (monosaccharides/ disaccharides)		Demonstrate proving to make bread rolls using high fibre flour (S10).	
Dietary fibre.		Modify a recipe to increase fibre.	
The functions of carbohydrates			
The main sources of carbohydrates			
The effects of deficiency and excess			
Related dietary reference values.			
MACRONUTRIENTS VITAMINS 3.2.2.1			
Fat soluble (A, D, E and K)		Knife skills – fillet and slice fish and/or fruits and vegetables (S2).	
Water soluble (B and C)		Water based cooking using steaming, boiling, simmering and poaching (S6).	
The loss of water-soluble vitamins when cooking		Knife skills – cut vegetables into even size pieces (ie batons, julienne) (S2).	
Functions of both types			
Main sources of both types			
The effects of deficiency and excess of both types			
Related dietary reference values			
MACRONUTRIENTS MINERALS 3.2.2.2			
Calcium • iron • sodium (salt) • fluoride • iodine • phosphorus.		Preparing vegetables, meats or alternatives which are high in iron (S2).	
Functions of minerals		Preparing dairy foods (calcium) like a white sauce (S8).	
Main sources of minerals		Reducing salt in recipes eg replace salt with herbs and spices.	
The effects of deficiency and excess			
Related dietary reference values			
MACRONUTRIENTS WATER 3.2.2.3			
The importance of hydration and the functions of water in the diet.		Preparing fruit and vegetables (soup or smoothie – grate, peel crush) (S3)	
Functions of water to eliminate waste from the body, cooling and for digestion.			
How water is lost from the body			
How much water/fluid is needed each day and times when extra fluids are needed			

