

Y10 – KO6a - GCSE FOOD PREPARATION AND NUTRITION: FOOD PRODUCTION

A PRIMARY FOOD PROCESSING

| | TERM | EXPLANATION |
|---|------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | PRIMARY FOOD PROCESSING | Prepares raw food (straight from being picked, harvested or slaughtered) so they are ready to be eaten or cooked immediately or used as ingredients. |
| 2 | EXAMPLES INCLUDE | Wheat Grain → Flour |
| 3 | PRIMARY STAGES OF FOOD PROCESSING AND PRODUCTION IN PLANT FOODS | <p>Straight from harvest plant foods undergo the below processes</p> <ul style="list-style-type: none"> • Sorting into different sizes e.g. potatoes and apples • Trimming off leaves, shoots and roots. • Discarding any that are damaged. • Washing to remove soil/dirt stones, twigs, insects and chemicals • Wrapping delicate fruits in tissue paper to protect it during transport e.g. mangoes, melons, peaches, berries. • Adding identification stickers and labels for use in retail shops and markets. |
| 4 | PRIMARY STAGES OF FOOD PROCESSING AND PRODUCTION IN ANIMAL FOODS | <ul style="list-style-type: none"> • Drain any blood away. • Carcase is split open and any internal organs are removed / feathers are removed from birds Offal is removed. • In poultry the carcase is trussed which means the legs and wings are tied neatly together ready for sale. • In fish produce they may be left whole or filleted to remove bones. |

B SECONDARY FOOD PROCESSING

| | TERM | EXPLANATION |
|---|----------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | SECONDARY FOOD PROCESSING | Either used on their own or mixed with other foods and turned into other food products. |
| 2 | EXAMPLES INCLUDE | Flour → Bread Fruit → Jam |
| 3 | SECONDARY STAGES OF FOOD PROCESSING AND PRODUCTION | <p>Secondary Food Production is when flour is turned into pasta:</p> <ul style="list-style-type: none"> • Pasta is made from water (or eggs) and semolina flour from Durum wheat. • The ingredients form a dough which is kneaded Colouring and flavourings can be added. • Dough is then shaped • Pasta can be sold fresh or dried. |

C NUTRITIONAL MODIFICATION

| | TERM | EXPLANATION |
|---|--------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | NUTRITIONAL MODIFICATION | Food manufacturers are able to modify the nutritional profile of some foods to make them meet the requirements of current dietary guidelines. |
| 2 | EXAMPLES | <ul style="list-style-type: none"> • Increasing dietary fibre intake. • Reducing sugar content. |

D FORTIFICATION

| | TERM | EXPLANATION |
|---|---------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | FORTIFICATION | Means adding extra nutrients to improve it's nutritional value. |
| 2 | REASONS | <ul style="list-style-type: none"> • Replace nutrients that are lost during processing. • Add extra nutrients to make food products more healthy. |
| 3 | EXAMPLES OF FORTIFICATION | <p>White Flour</p> <ul style="list-style-type: none"> • Iron, thiamine, niacin and calcium are lost during production. • They need to be added back in by law. <p>Breakfast cereals</p> <ul style="list-style-type: none"> • Cereals can be fortified with iron, thiamine and folic acid. • If cereals are fortified it helps the population get the recommended amounts. |

E ADDITIVES

| | TERM | EXPLANATION |
|---|----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | FOOD ADDITIVES | Natural or synthetic chemical substances that are added to food during processing or manufacturing. |
| 2 | REASONS | <p>Preserve</p> <ul style="list-style-type: none"> • Increase the shelf life of foods. <p>Flavourings, sweetness and colouring</p> <ul style="list-style-type: none"> • Improve the sensory qualities of food. <p>Emulsifiers/Stabilisers</p> <ul style="list-style-type: none"> • Improve the structure and texture of foods. |