

Year 11 Hospitality and Catering Term 4

Learning Outcome	Assessment Criteria	Level 1 Pass	Level 2 Pass	Level 2 Merit
LO2 Understand the importance of nutrition in planning menus	AC2.4 Explain how cooking methods impact on nutritional value	Outlines how cooking methods impact on nutritional value. Evidence is mainly descriptive with limited reasoning.	Explains how a range of cooking methods impact nutritional value. Reasoned statements are presented.	Does not go this far

Different cooking methods can have an impact on the nutritional value of food.

Boiling



- Vitamin C and some B group vitamins are destroyed by heat.
- Vitamin C,B vitamins, iron and calcium dissolve into the cooking water.
- You don't have to add fat.
- Vegetables will become soft
- Protein coagulates (goes solid) egg white, meat shrinks.
- Starch absorb water and swell up Pasta/rice/beans

Steaming

- No contact with water so a reduced amount of vitamins, iron and calcium will dissolve.
- No added fat
- Food cooks gently so unlikely to be overcooked.



Baking



- Does not affect calcium and iron
- Vitamin C and B group vitamins are lost due to the heat.
- Some foods can be baked in their skin and so retain dietary fibre (potatoes)
- No added fat
- Baked foods containing raising agents raise
- A crust can develop on the edges.

Grilling

- Most vitamin C and B are retained, but some are lost due to intense heat.
- Fat is reduced as it drains off food
- Iron and calcium are retained
- Fat soluble vitamins are lost as the fat melts off
- No added fat



Stir frying

- Quick method of cooking so most vitamin C and B are retained.
- Small amount of oil makes it a healthier cooking method of frying.
- Fat soluble vitamins are added.
- Colours of vegetables get stronger
- Vegetables shrink as water evaporates.



Roasting

- Does not affect calcium and iron
- Vitamin C and B are lost due to the heat and long cooking times
- Adds fat to food
- Includes fat soluble vitamins
- Crispy coating on vegetables and meat



Poaching

- Some vitamin C,B group vitamins iron and calcium will dissolve into the water.
- The heat will destroy some of the C and B vitamins
- No added fat



Can you EXPLAIN how at least 3 cooking methods can impact of nutritional value.