

GCSE Food Preparation and Nutrition

Examination Board: AQA

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Why study Food Preparation and Nutrition?

GCSE Food preparation and Nutrition is an exciting and creative course which focuses on practical cooking skills to allow you to develop a thorough understanding of nutrition, food provenance and the working characteristics of food. This GCSE focuses on nurturing and developing your practical cookery skills.

Food preparation skills are integrated into five core topics.

- Food, nutrition and health
- Food science
- Food safety and hygiene
- Food choice
- Food provenance

The food industry is immense. It is one that will always be necessary in a world where people eat.

Possible next steps (including careers)

Hospitality and catering courses, food apprenticeships, chef, baker, food scientist, catering manager, hotel manager, microbrewer, wedding planner, food nutritionist, teacher, product developer.

Aptitudes needed

It is essential that you are organised and prepared to **complete food practical sessions every other week**. Much of the theory for this course is taught through practical work – dishes you will make and take home and experimental work where ingredients are provided in school (you may be asked for a contribution towards these costs).

Completing your NEA will require you to be self-motivated and an ability to meet deadlines.

Topic Structure

Year 10

You will focus on developing high level cooking skills in preparation for your NEA in Year 11. The range of food and ingredients studied will reflect the recommended guidelines for a healthy diet based on the main food commodity groups. This will include:

- Bread, cereals, flour, oats, rice, potatoes and pasta.
- Fruit and vegetables (fresh, dried, canned, and frozen)
- Milk, cheese and yogurt.
- Meat, fish, eggs, soya, tofu, beans, nuts and seeds.
- Butter, oil, margarine, sugar and syrup.

In preparation for the written examination you will study the following areas:

- Food, nutrition and health
- Food science
- Food safety and hygiene
- Food choice
- Food provenance

Year 11

- NEA Task 1 – food investigation task set by the exam board.
- NEA Task 2 – food preparation assessment from a choice of three themes set by the exam board.
- Exam preparation and revision of all topics covered in Year 10.

Assessment Structure	
Paper 1 – Written Examination	Non-Examined Assessment (NEA)
<p>The examination is in two sections:</p> <ul style="list-style-type: none"> • Multiple choice questions (20 Marks) • Five questions each with sub sections (80 marks) <p>Total 100 marks</p>	<p>Task 1: Food Investigation (30 marks) - Assessing your understanding of the working characteristics, functional and chemical properties of ingredients.</p> <p>Practical investigations are a compulsory element of this NEA task. This is assessed by a written / electronic report including photographic evidence of the practical investigation.</p> <p>Task 2: Food preparation assessment (70 marks) - Assessing your knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task.</p> <p>You will prepare, cook and present a final menu of 3 dishes within 3 hours, which you have previously planned.</p> <p>This is a written / electronic portfolio including photographic evidence of the dishes made.</p>
50% of final marks – 1 hour 45 minutes.	50% of final marks.