



## **Supporting your child through their Food Preparation and Nutrition GCSE**

### **Aims of the course**

Students will be taught the science behind the function of ingredients and what makes food tasty in this GCSE in Food Preparation and Nutrition from exam board AQA. The qualification will also equip students with an unprecedented range of kitchen skills and an in-depth understanding of nutrition.

Please bear in mind that there is theory taught alongside this GCSE and it is not all cooking. This subject is also heavily based on Food Science. Please see the topics below.

### **Food preparation skills are integrated into five core topics:**

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

### **How is it assessed; A written exam and NEA (non examined assessment or coursework)**

#### Paper 1: Food preparation and nutrition

##### **What's assessed**

Theoretical knowledge of food preparation and nutrition from Sections 1 to 5.

##### **How it's assessed**

- Written exam: 1 hour 45 minutes
- 100 marks
- 50% of GCSE

##### **Questions**

- Multiple choice questions (20 marks)
- Five questions each with a number of sub questions (80 marks)

## Non-exam assessment (NEA)

### What's assessed

**Task 1:** Food investigation (30 marks)

Students' understanding of the working characteristics, functional and chemical properties of ingredients.

**Practical investigations are a compulsory element of this NEA task.**

**Task 2:** Food preparation assessment (70 marks)

Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task.

Students will prepare, cook and present a final menu of three dishes within a single period of no more than three hours, planning in advance how this will be achieved.

### How it's assessed

- **Task 1:** Written or electronic report (1,500–2,000 words) including photographic evidence of the practical investigation.
- **Task 2:** Written or electronic portfolio including photographic evidence. Photographic evidence of the three final dishes must be included.

## **Useful websites**

<https://www.bbc.co.uk/teach/class-clips-video/design-and-technology-gcse-food-preparation-and-nutrition/zvjh8xs>

<https://senecalearning.com/en-GB/blog/gcse-food-preparation-nutrition-revision/>

<https://www.nutrition.org.uk/putting-it-into-practice/food-labelling/looking-at-labels/>

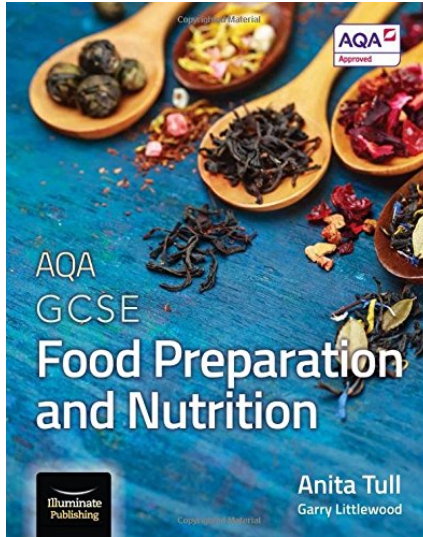
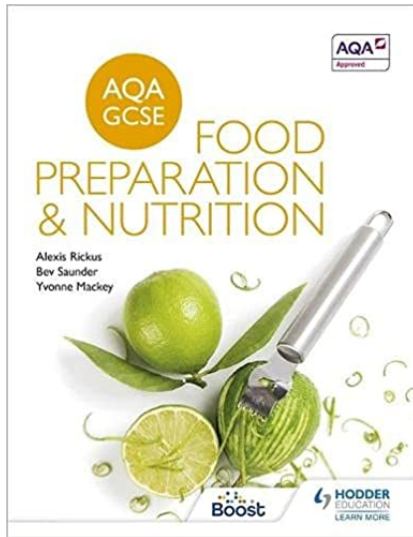
<https://www.foodafactoflife.org.uk/14-16-years/>

## **Equipment**

**You will be required to buy your own ingredients** and provide appropriate containers to transport food from/ to home for your cooks. Sometimes students are required to provide an ovenproof dish depending on the cook.

All other cooking equipment and utensils will be provided in our specialist cooking room.

## Textbooks



<https://www.amazon.co.uk/GCSE-Food-Preparation-Nutrition-Gcse/dp/1471863646>

[https://www.amazon.co.uk/AQA-GCSE-Food-Preparation-Nutrition/dp/1908682787/ref=pd\\_lpo\\_1?pd\\_rd\\_i=1908682787&psc=1](https://www.amazon.co.uk/AQA-GCSE-Food-Preparation-Nutrition/dp/1908682787/ref=pd_lpo_1?pd_rd_i=1908682787&psc=1)