

# GCSE Food Preparation and Nutrition

Introduction to Course

# Specification Outline

- ▶ The new Food Preparation and Nutrition GCSE will help you to develop a greater
- ▶ Understanding of nutrition, food provenance and the working characteristics of food materials.
- ▶ You'll also learn about food from around the world, through the study of British and international culinary traditions as well as developing an understanding of where food comes from (food provenance) and the challenges surrounding food security.
- ▶ You'll master culinary skills and appreciate the science behind food and cooking.

This is an exciting and creative course which will allow you to demonstrate your practical skills and make connections between theory and practice.

# Topics and Themes

► There are 5 topics/themes that you will need to study:

1. Food, nutrition and health
2. Food science
3. Food safety
4. Food choice
5. Food provenance

# Course Assessment

- ▶ There will be one exam for this qualification, which will assess your knowledge of the theory behind food preparation and nutrition. The exam will be 1 hour 45 minutes long. The second part of the assessment will be non-examination assessment and will consist of two tasks, involving practical work.

## Paper 1

### What's assessed

Theoretical knowledge of specification subject content.

- Section A: Multiple choice questions structured to reflect the sections of the specification.
- Section B: contains five questions varying in styles of approach and content.

### How it's assessed

- 1 hr 45 minutes exam
- 100 marks, Section A 20 marks, Section B 80 marks.

# Example Question

A deficiency of iron in the diet can cause anaemia. Which of the following foods is a dietary source of iron?

- ▶ A Olive Oil
- ▶ B Soda Bread
- ▶ C Liver
- ▶ D Cottage Cheese



# Course Assessment (NEA)

Task 1: Students will carry out an investigation into the scientific principles that underpin the preparation and cooking of food.

- ▶ This task will provide you with an opportunity to demonstrate your knowledge and practically apply your understanding of the science behind cooking. You'll practically investigate ingredients and explain how they work and why.

## Non-exam assessment

### What's assessed

- Food investigation (15%)  
Students write a report on their understanding of the scientific principles that underpin the preparation and cooking of food. We'll confirm the investigation topic on 1 September of the academic year in which it is submitted. Recommended time: 10 hours.

# Example Tasks - NEA 1

Sample tasks:

1. Investigate what type of flour is best for bread making
2. Investigate the use of raising agents in baked products
3. Investigate the ingredients used to thicken sauces and soups

# Course Assessment (NEA)

Task 2: Students will plan, prepare, cook and present a 3 course menu.

This task will provide you with an opportunity to cook three dishes and showcase your creativity and cooking skills. You might make a street food menu, create delicious tapas dishes or cook up a menu for a student on a budget.

## Non-exam assessment

- Food preparation assessment (35%)  
Students will plan, prepare, cook and present a three course menu within 3 hours. We'll confirm the task for this assessment on 1 November of the academic year in which it is submitted.  
Recommended time: 20 hours (inclusive of 3 hour period).  
They will produce a **concise** portfolio that:
  - demonstrates their application of technical skills and their practical outcomes
  - explains how they planned and carried out the preparation, cooking and presentation of their three final dishes
  - includes an evaluation of cost, and the sensory properties and nutritional characteristics of each dish.



# Example Tasks - NEA 2

## Sample tasks:

1. Plan, prepare, cook and present a range of dishes, using a variety of skills, which would be suitable for vegetarians. Present three final dishes.
2. Plan, prepare, cook and present a range of dishes, using a variety of skills, which are a good source of fibre and would appeal to teenagers. Present three final dishes.
3. Plan, prepare, cook and present a range of dishes, using a variety of skills, from the Mediterranean culinary tradition. Present three final dishes.

Understanding and application of nutritional knowledge will be a requirement of all tasks.

# Over to you - Question time

If you have any questions regarding the subject now is the time to ask or your child can come and find me in school in room 76.

