

GCSE

Food Preparation and Nutrition



What is Food Preparation and Nutrition?

The course aims to develop the student's **practical** and **critical thinking skills** through the process of: **researching, investigating, recording, and presenting ideas in a creative and increasingly independent way**, through a range of practical projects.

Studying **food preparation and nutrition** would prepare you for further study such as Nutrition; Catering or links to other subjects such as Food Science and prepare you for **employment** within the **food industry**.



Course Overview and Structure.

Coursework (50% of overall grade)

The coursework consists of a **portfolio** of work via **two** projects:, both of which are “NEA” Non-Examination assessment, which is taken by all students at once, under **formal supervision**, and are set and marked by exam boards

- **NEA1** (food science knowledge)
- **NEA2** (practical skills based work based on a theme).

Written exam (50% of overall grade)

The following topics are explored in the exam, which takes place at the conclusion of Year 11.

- **Food, Nutrition and Health**
- **Food Science**
- **Food Safety**
- **Food Choice**
- **Food Provenance (where food comes from)**

The exam is divided into **two** sections, which are:

- **Section A** (20 marks): Consists of 20 multiple choice questions covering the topics above.
- **Section B** (80 marks): Consists of 5 questions, both short and long answer, covering the topics above.



Assessment

(GCSE) Food Preparation & Nutrition is an award graded from 1-9.

Breakdown of assessment (NEA 1)

The breakdown of assessment for **NEA 1** (food science knowledge) is as follows:

- **Section A: Research** (6 marks)
- **Section B: Investigation** (15 marks)
- **Section C: Analysis and evaluation** (9 marks)

Breakdown of assessment (NEA 1)

The breakdown of assessment for **NEA 1** (food science knowledge) is as follows:

- **Section A: Researching the task** (6 marks)
- **Section B: Demonstrating technical skill** (18 marks)
- **Section C: Planning the final menu** (8 marks)
- **Section D: Making the final dishes** (30 marks)
- **Section E: Analysis and evaluation** (8 marks)



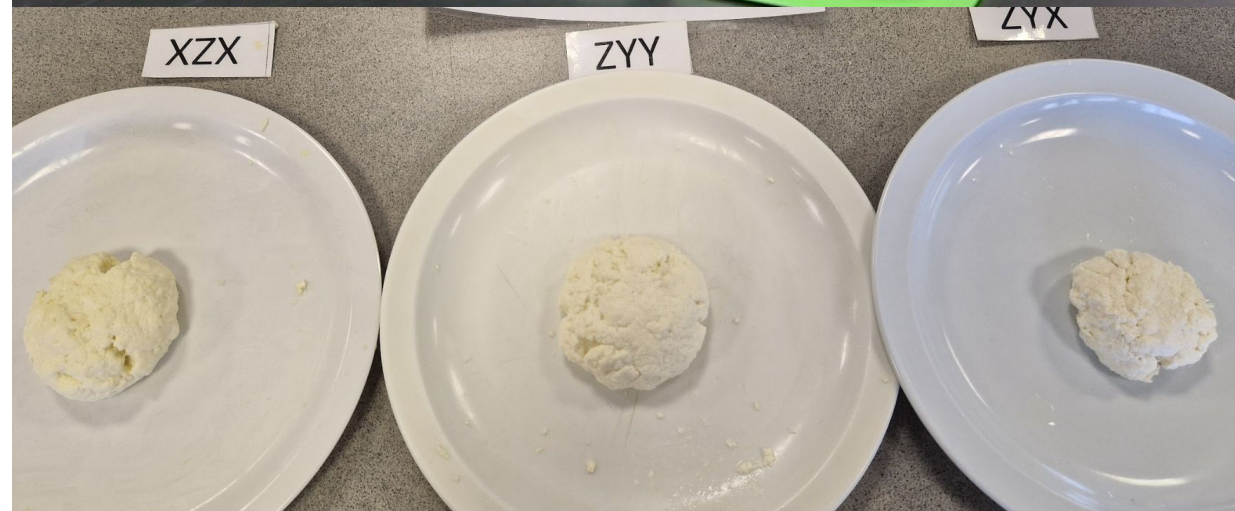
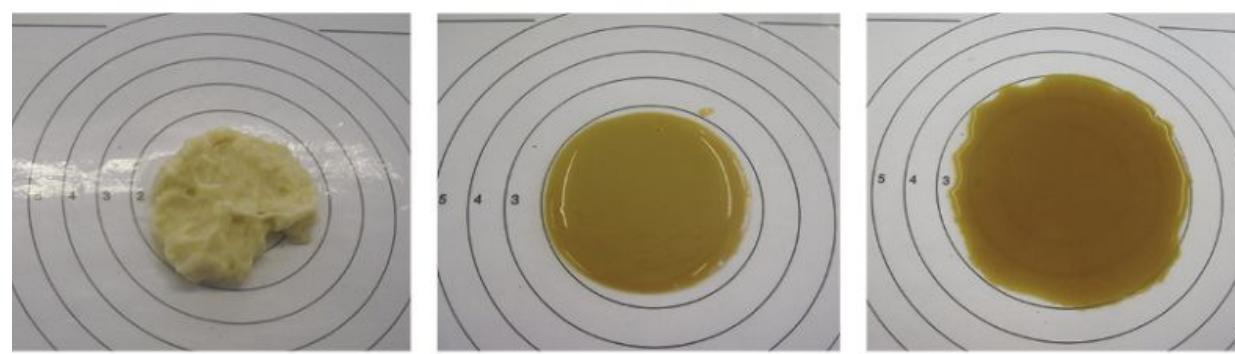
	Fruit and vegetable preparation	Sauce making
		
ation	Pastry making	Decoration
		
		

Non-exam assessment one (30 marks - 15% of final grade)

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Breakdown of assessment (NEA 1)

- Conduct a scientific experiment(s) related to the **working characteristics, functional** and **chemical properties** of ingredients.
- Provide a **written report** (1,500–2,000 words) including:
 - Research
 - Hypothesis
 - Plan for the investigation
 - Conducting experiments
 - Analysis and evaluation of findings



NEA 2 (Non exam assessment) 70 marks (35% of final grade)

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Breakdown of assessment (NEA 1)

- **Research** and **plan three dishes** based on a given brief (set by AQA).
- **Justify ingredient choices, techniques, and nutritional considerations.**
- Conduct a **3-hour practical cooking exam**, where you **prepare, cook, and present** your final three dishes.
- Provide a **written portfolio** (approximately 20 pages) including:
 - Research
 - Dish planning
 - Trialling of dishes
 - Evaluation of skills and final results



Key Career Skills

- Researching
- Investigation
- Analysing and evaluating
- Planning
- Preparing
- Cooking
- Presentation / creativity skills

Future career opportunities

Studying **Food Preparation and Nutrition** can lead to a career in;

- **Nutrition**
- **Food Science**
- **Catering / Chef**
- **Gastronomy**
- **Cake decorating**
- **Teaching**
- **Food technology and development**

Future study opportunities

Studying **Food Preparation and Nutrition** can lead to further study in;

- Any relevant subject at Level 3 (A level), for example at NSG we offer:
 - **A Level Product Design**
 - **A Level Biology**
 - **BTEC Sport**
- Other subjects, such as;
 - Any **food, nutrition** or **catering course**
 - **Medical** based courses, such as **medicine**