

Key Stage 4 Options

GCSE Food Preparation and Nutrition



Welcome to AQA Food, Preparation and Nutrition –Ms O’Coy and Miss Jackson



The Food Preparation and Nutrition GCSE is an exciting and creative course introduced in 2016 which focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials. The qualification focuses on nurturing students' practical cookery skills to give them a strong understanding of nutrition.

Food preparation skills are integrated into five core topics: Food, nutrition and health, Food science, Food safety, Food choice, Food provenance.

Why choose food preparation and nutrition?



What is the structure of the course?

Year 10- Working through the exam specification content, cooking every week to gain valuable skills.

Year 11- Completion of the 2 NEA assessed tasks and ongoing learning of exam techniques.



How is the course assessed?

Task 1-NEA 1- Food investigation (30 marks). Students understanding of the working characteristics, functional and chemical properties of ingredients. Practical elements are a compulsory element of this NEA task. **“Which eggs make the best meringues?” 15% of final mark**

Task 2- NEA 2-Food preparation and assessment (70 marks) Students’ knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation and application of nutrition related to the chosen task. Students will prepare and present a final menu of three dishes within a single period of no more than 3 hours, planning in advance how this will be achieved. **35% of final mark.**

“Plan, prepare and cook a range of dishes based on European design”

50% of the total marks

Paper 1- One 1 hour 45 minutes paper with two sections and 100 marks available:

Section A –Multiple choice questions (20 marks)

Section B – 5 questions each with a number of sub questions (80 Marks)

50% of the total marks

Practical exam





What else do we do?

We learn how to grow our own food, we created our own vegetable patch and herb garden, which you will help to maintain. We have talks from outside speakers, including a farmer and a vegan chef. We go on a visit to a farm and see how and where food is grown. We learn how to make cheese and jam. We practice our 3hr practical exam and learn how to create exciting presentation in our dishes.



Extra curricular
 We cook for the school's Sports person's dinner which is for nearly 200 guests which helps us see what real life catering is like! We also help support the departments house competitions such as master chef days, Ready Steady Cook, curriculum day and Bake off! Last summer we had a visit from Jean-Christophe Novelli who has promised to return.

Some others reasons to choose food preparation and nutrition!



Lessons created to enthuse and inspire
Learning of many valuable life skills and techniques.

Student notes and guides issues.
Exemplar folders available to help

Wide variety of activities with as much practical as possible.
Ability for student to create their own designs

Adds a variety to GCSE timetable.

High grades accessible if the student is organised and motivated
Post 16 provision available-Level 3 Diploma in Food, Science and Nutrition



Food Preparation and Nutrition.

**For more information please speak to your Year 9 teacher
or contact Miss O'Coy or Miss Jackson**

