



# AQA Food Preparation and Nutrition

Main Teacher: Mrs Tavernier, HoD: Mr Kravec

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| <b>Overview of the subject</b>        | <p>GCSE Food Preparation and Nutrition specification sets out the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating.</p> <p>The majority of the specification is delivered through preparation and making activities. Students must be able to make the connections between theory and practice to apply their understanding of food and nutrition to practical preparation.</p>  |
| <b>Methods of Assessment:</b>         | <p><b><u>Non-Exam Assessment (NEA):</u></b></p> <p>There are two coursework tasks that will be completed in Year 11. These are worth 50% of students' overall GCSE grade.</p> <p><b><u>NEA Task 1:</u></b></p> <ul style="list-style-type: none"><li>• Written or electronic report (1,500–2,000 words).</li><li>• The report is based on students' understanding of the working characteristics, functional and chemical properties of ingredients.</li><li>• This is worth 30 marks in total and will be marked by your teacher.</li></ul> <p><b><u>NEA Task 2:</u></b></p> <ul style="list-style-type: none"><li>• Written or electronic portfolio Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task.</li><li>• Students will prepare, cook and present a final menu of three dishes and will have the opportunity to plan in advance how this will be achieved.</li></ul> <p>This task is worth 70 marks in total and this task will also be marked by your teacher.</p> <p><b><u>Written exam:</u></b></p> <ul style="list-style-type: none"><li>• Students will sit a written exam at the end of year 11 for Food and Nutrition.</li><li>• This written exam is 1 hour 45 minutes long and it is made up of one paper of 100 marks.</li></ul> <p>The exam is worth 50% of pupils overall GCSE</p> |
| <b>Key Content and Topics Covered</b> | <p>Food preparation skills are integrated into five core topics:</p> <ul style="list-style-type: none"><li>• Food, nutrition, and health</li><li>• Food science</li><li>• Food safety</li><li>• Food choice</li><li>• Food provenance.</li></ul>  |
| <b>Skills developed</b>               | <p>Students will have five 1-hour lessons per fortnight. These will be a combination of theory and practical lessons. Within practical lessons students will focus on developing their food preparation skills. They will be encouraged to cook a range of diverse dishes and develop their knowledge and understanding of different ingredients and their functions by completing different types of food investigations. They will also learn how to manage time effectively and develop their ability to work under pressure and solve problems whilst building resilience.</p> <p>Within theory lessons students will learn about the importance of nutrition and meal planning whilst learning about different multicultural, ethical, environmental, and other issues concerning food preparation and food choice.</p>  |
| <b>Progression routes:</b>            | <p>Upon completion of this course, students will be qualified to go on to further study at colleges or embark on an apprenticeship or full-time career in the catering or food industries.</p> <p>Food Preparation and Nutrition has strong links with other subjects such as Science, PE, and Health &amp; Social Care.</p>  |



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|                                | Taking Food Preparation can lead you onto very rewarding careers for example. Chef, Personal Trainer, Restaurant owner, Food developer, Health Care Assistant, Teacher, Nurse, Youth worker, Nursery Nurse, Child-minder, Physiotherapist, Dietician, Doctor, Food scientist, food blogger. |
| <b>Why choose this subject</b> | Food Preparation and Nutrition course is for those students who demonstrated good organisational skills, love for learning about healthy diet, nutrition, design and preparation of different dishes, and they plan to continue with more in-depth study of Food.                           |
| <b>Course requirements</b>     | Passion for Food preparation, Food science, health and nutrition. Good organisational skills, focus and attention for detail.   |
| <b>Additional Information</b>  | <a href="#">AQA   Food preparation and Nutrition   GCSE   GCSE Food preparation and nutrition</a>   |