

# GCSE Food Preparation and Nutrition



## Course Information:



- AQA GCSE Food Preparation and Nutrition.
- 50% coursework – 2 tasks to be completed in Year 11.
- 50% exam – 1 hour and 45 minutes long. Marked out of 100 (20 multiple choice questions, then longer style questions)




The main areas of study are:

- Food, nutrition and health.
- Food science.
- Food spoilage and contamination.
- Factors affecting food choice.
- Food provenance.



## Lesson format:

We have four lessons a fortnight. We usually cook in two of the lessons. This might be:

- skill based e.g. making flaky pastry for Eccles Cakes or portioning a chicken.
  - based on a theme e.g. making your own design luxury pizza or producing a two course menu based on an international cuisine of your choice.
  - carrying out investigations to help with the understanding of the food science side of the subject.
- 



Various!





Themed!



## Non-exam assessment:

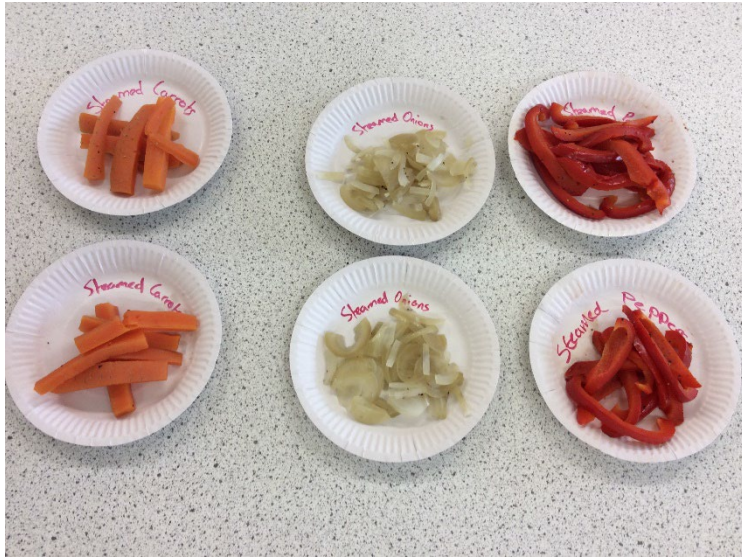
### Food investigation

15% and completed in Year 11

**Format:** Students write a report on a topic outlined by the exam board. They investigate the task, carry out practical tests and write up their findings.

Time available 10 hours.





We expect the peppers to steam faster as they had the softest texture to start.

**Healthy - no added fat**

**Steaming** *used easily breakable soft*

**Vit C loss** *will be low as NO contract with water*

**Time taken:** Onion - 12:05 mins  
 Carrots - 28 mins  
 Peppers - 23 mins

*went soft + floppy*

**Keeping colours well. No Caramelisation.**

**Ease rating** 1 = hard 5 = easy

5 -> We only needed to cut up the vegetables and place them over the boiled water.

**Grilling** *Need to be tossed in oil/butter -> unhealthy*

**Healthy method.**

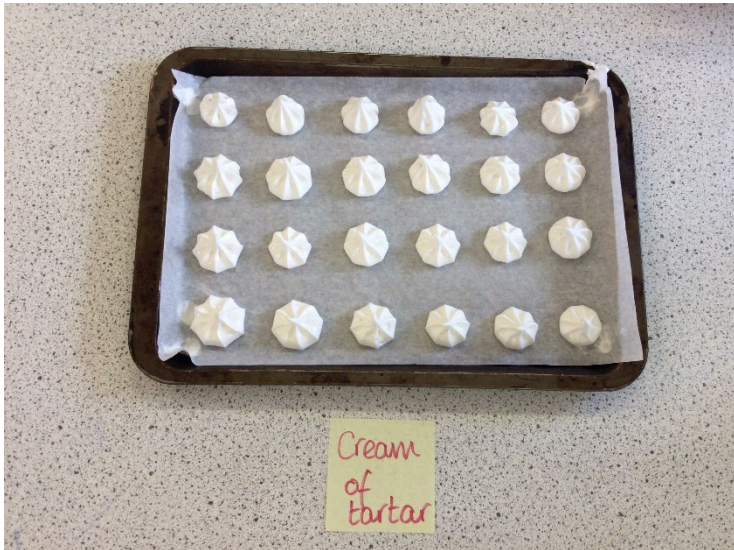
**Time taken:** Onion - 12:05 mins  
 Carrots - 13:17 mins  
 Peppers - 17:04 mins

**FACTS:** Onions caramelised.  
 Carrots look dry - not appetising.  
 Peppers blackened!

**Ease rating:** 1 = hard 5 = easy

Had to turn them over half way, to cook both sides ③





## **Food preparation assessment**

35% and completed in Year 11

**Format:** Students will plan, prepare, cook and present three developed dishes within a 3 hour time frame. Written justifications of choices and planning need to be submitted, along with costings and nutritional analysis.

Time available 20 hours.





## Year 10 Healthy Eating Task





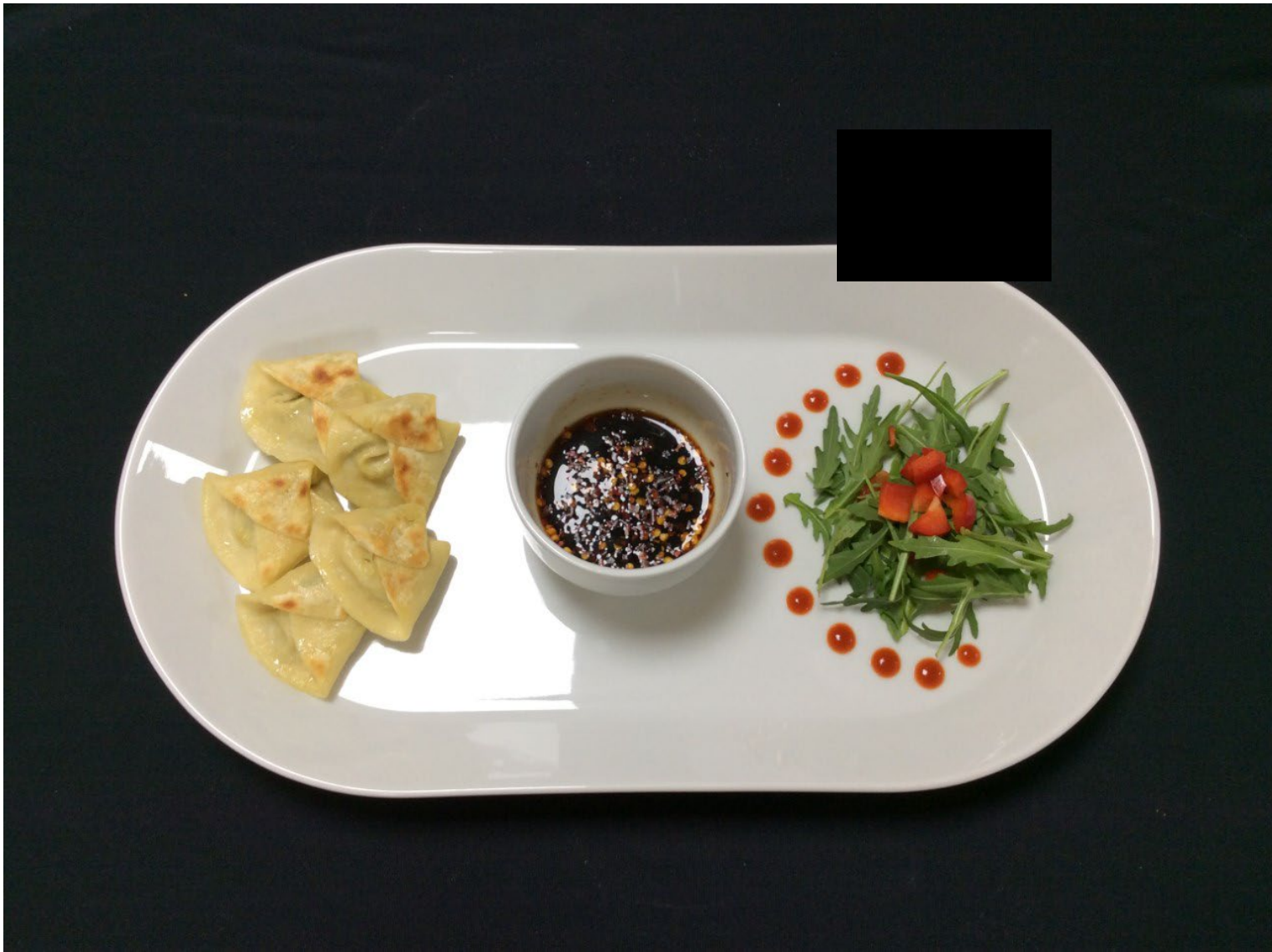
## Year 10 International Cuisine

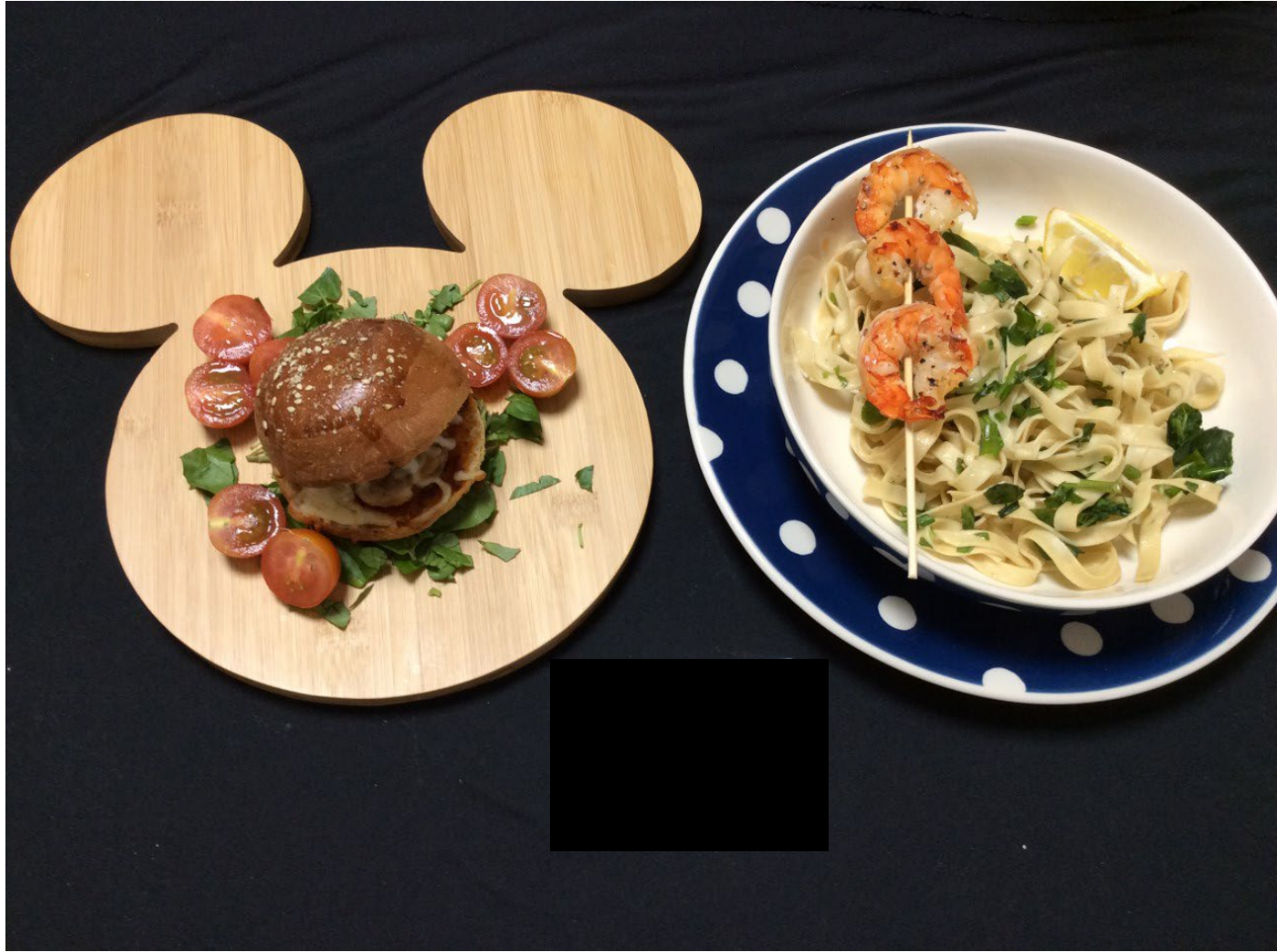


# NEA2 practical exam 2022 (Two dishes):













# NEA2 practical exam 2023 (Three dishes):











## Results headlines 2018...

- 4 - 9      69%
- 7 - 9      31%

## Results headlines 2019...

- 4 - 9      63%
- 7 - 9      25%

2020 and 2021 teacher assessed due to Covid...

## Results headlines 2022...

- 4 - 9      91%
- 7 - 9      56%



# Why choose Food Preparation and Nutrition?



- You love cooking.
- Are interested in food, nutrition and how it all works.
- You like the idea of a creative subject in amongst it!
- There are a vast number of career options in food.
- You will be well looked after.
- Our results have always been excellent!

