

This GCSE explores the key areas of nutrition, diet and health, including food hygiene and safety, food storage, food preparation and cooking. It aims to teach them how to grow and cook food from scratch as well as preparing them for careers in the food industry.

GCSE Food Preparation and Nutrition is made up of three mandatory elements.

The Food Investigation Assessment – practical experimentation

15% of the total marks are from tasks which assess the scientific principles underlying the preparation and cooking of food: carbohydrates, fats/oils, protein, fruit and vegetables.

Assessment

Controlled assessment tasks will be in the form of a written report which should include photographs which support the investigation. Assessment completed in Year 10.

The Food Preparation Assessment

35% of the total marks are from tasks which assess the planning, preparation and presentation of food.

The candidate will be required to:

- Prepare, cook and present a menu of 3 dishes within a single period of no more than 3 hours.
- Plan in advance how this will be achieved.

Candidates submit one Food Preparation task using a themes provided by OCR. Assessment completed in Year 11.

Assessment

The evidence required will be in the form of photographs or visual recordings which show technical skills and final dishes and written work which explains how the student has designed, executed and evaluated the preparation, cooking and presentation of the 3 dishes.

Written Examination

Students learn about the following topics through practical activities.

Component title	Component overview
A. Nutrition	Students develop knowledge and understanding of the functional properties and chemical processes as well as the nutritional content of food and drinks.

B. Food: Food provenance, Food choice

Students understand the economic, environmental, ethical, and socio-cultural influences on food availability, production processes, and diet and health choices.

C. Cooking and food preparation

Students demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing and serving food.

D. Skill requirements: preparation and cooking techniques

Students demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment.

Students understand and explore a range of ingredients and processes from different culinary traditions (traditional, British and international), to inspire new ideas or modify existing recipes.

Assessment

1 hour 30 minutes written paper at the end of Year 11. Worth 100 marks and 50% of the total GCSE marks.