

FOOD PREPARATION AND NUTRITION

AWARDING BODY: AQA

This is an exciting GCSE course from AQA with a very strong practical element on a weekly basis, enabling students to investigate a wide variety of nutritional and health issues. During the course we build upon the work we have completed in Upper 4 and investigate the relationship between nutrition, food choice, diet and health. We aim to equip students with a range of life skills including organisation, management and practical skills, problem solving and decision making, all in the context of a relaxed and fun environment.

This course has the added bonus of having a Non-Exam Assessment known as an NEA which accounts for 50% of the total mark.

Subject content:

1. Food, nutrition and health
2. Food science
3. Food safety
4. Food choice
5. Food provenance

Food preparation skills are integrated into the 5 sections.

Paper 1: Food preparation and nutrition (50% of GCSE)

Theoretical knowledge of food preparation and nutrition from sections 1-5

Written exam: 1 hour 45 minutes, 100 marks.

Non-exam assessment (NEA) (50% of GCSE)

Task 1: Food investigation

Students' understanding of the working characteristics, functional and chemical properties of ingredients.

Practical investigations are a compulsory element of this NEA task.

Task 2: Food preparation assessment

Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task.

Students will prepare, cook and present a final menu of three dishes within a single period of no more than three hours, planning in advance how this will be achieved.

How is it assessed?

Task 1: written or electronic report (1,500-2,000 words) including photographic evidence of the practical investigation.

Task 2: written or electronic portfolio. Photographic evidence of the three final dishes must be included.