





## **Food Preparation and Nutrition**

### **Study guide to GCSE**

Within the department, we follow the AQA Specification which is broad and comprehensive.

The department helps students to succeed in their GCSE's in many ways including using various study methods such as COPE, providing extra help sessions at lunch times and working on exam questions in groups. This course is designed to equip you with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. It encourages you to cook, enables you to make informed decisions about food, nutrition and allows you to acquire knowledge in order for you to feed yourself and others affordably and nutritiously, now and later in life. Over the three years, you will be given the opportunity to develop technical skills, through practical and experimental work. This opportunity will allow you to develop sound technical skills whilst exploring and consolidating knowledge and understanding relating to food preparation and nutrition. The areas of content covers: food commodities, principles of nutrition, diet and good health, the science of food, where food comes from and cooking and food preparation.

#### **What can this course lead to?**

As well as developing interpersonal skills, problem solving, team building and leadership skills, GCSE Food Preparation and Nutrition is a good qualification for those considering a future in career within the catering and hospitality industry. It will also be useful for those considering roles in food development, food manufacturing, the health care sector, food retail, nutrition and sports science.

#### **Extended Learning**

The department encourage students to become subject ambassadors to help promote the subject and encourage younger learners, possibly by taking a club at lunchtimes

Students are encouraged to take part in the technology clubs available.

Students can start to prepare for GCSE by helping out at home with the cooking, washing up and clearing away of the kitchen. Students can also start to prepare by keeping a record of their diet and analyse how healthy and nutritious each meal is and how it could be improved. Furthermore, students can start to plan meals, prepare and cook them and then evaluate the outcome.

## **Useful resources and things to do for GCSE:**

- [www.aqa.org.uk](http://www.aqa.org.uk)
- GCSE Food Preparation and Nutrition for AQA: The revision guide (ISBN 9781782946496) and the exam practice workbook (ISBN 9781782946502)
- AQA GCSE Food preparation and nutrition by Anita Tull (ISBN 9781908682789)
- AQA GCSE Food preparation and nutrition by Alexis Rickus, Bev Saunder and Yvonne Mackey (ISBN 978-1-4718-6364-6)
- Borough market in London
- Various food festivals:  
[https://greatbritishfoodfestival.com/?gclid=EAlaIQobChMlwurmp9Xx1AIVgr\\_tCh0PIAA8EAYASAAEgITRfD\\_BwE](https://greatbritishfoodfestival.com/?gclid=EAlaIQobChMlwurmp9Xx1AIVgr_tCh0PIAA8EAYASAAEgITRfD_BwE)

## **Food programmes to watch:**

- Master chef
- Jamie's kitchen
- The great British bake-off
- Nigel Slater: Life is Sweets
- Saturday morning kitchen
- The hairy bikers
- Master chef junior
- Food tech
- Heston's fantastical food
- Heston's dinner in space
- Heston Blumenthal At Home
- Historic Heston
- Kitchen Chemistry with Heston Blumenthal
- Heston's feasts
- Heston's Mission Impossible
- Heston's Mission Impossible
- Heston's Great British Food
- Great British menu

## **Assessments:**

EXAM: Paper 1: Food preparation and nutrition (50%)

What's assessed

Theoretical knowledge of food preparation and nutrition from subject content.

How it's assessed

- Written exam: 1 hour 45 minutes
- 100 marks
- 50% of GCSE
- Exam is sat at the end of Year 11

Questions

- Multiple choice questions (20 marks)
- Five questions each with a number of sub questions (80 marks)

## **Non – exam assessments:**

What's assessed

Task 1: Food investigation (15%)

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 (35%)

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 three hours, planning in advance how this will be achieved.

How it's assessed

- Task 1: Written or electronic report (1,500–2,000 words) including photographic evidence of the practical investigation (15% of GCSE)
- Task 2: Written or electronic portfolio including photographic evidence. Photographic evidence of the three final dishes must be included. (35% of GCSE)

The NEA is undertaken in Year 11.

# Strategies for Learning

## Consolidating Learning



Research shows that reviewing information soon after it has been learnt allows students to remember much more. Returning to the learning from a lesson later in the same day will allow you to be much more successful.

## Organising Learning



You will complete a significant amount of classwork, homework, independent work and other activities in preparation for your GCSE exams. Successful students find ways to organise their time and learning effectively so that it is of use to them.

### COPE Strategies:

- Create flash cards after each lesson or at the end of each week covering key content.
- Keep a log of key quotations on an ongoing basis.
- Use Quizlet and Memorise regularly.
- Review class notes within 24 hours of the lesson.

### COPE Strategies:

- Write a blog to share your learning with others.
- Support KS3 students to strengthen your skills.
- Create a homework timetable.
- Title and date your work clearly.
- Complete exam questions in timed conditions.
- Use banks of practice questions to create a booklet of essay/writing plans.
- Focus on improving the areas you are weakest at.

## Preparing Revision Materials

Successful students prepare for revision and revise earlier topics throughout the year – this means creating revision materials throughout the year in preparation for the exam period. They will also revise constantly so they do not become rusty on earlier topics. They use in class assessments and Pre-Public exams to perfect their revision strategies.



## Exam Practice

Ultimately, your success will be measured in the public exams at the end of Year 11. Successful students practise many past papers, find effective ways to monitor and improve their exam technique, and are very familiar with the mark scheme and how it will be applied.

