

Option – GCSE Food Preparation and Nutrition

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Our GCSE Food Preparation and Nutrition GCSE sets out the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. This academic course involves the completion of both a written exam, alongside non-exam assessments. (Coursework) These NEA's allow students to experiment with the science and properties behind ingredients, as well as develop recipes and skills, leading to the preparation and cooking of nutritious meals. This GCSE qualification will give learners the opportunity to develop an understanding of:

- food nutrition and health
- food science
- food safety
- food choice
- food provenance.

Upon completion of this course, students will be qualified to go on to further study or embark on an apprenticeship or full-time career in the catering or food industries if this is of interest to them. Careers in the industry include, Nutritionists, Food marketers, Food product development scientist, Public health nutritionist, Food labelling specialist, Food safety auditor, Corporate wellness consultant. Course breakdown:

Exam (50% of GCSE)	Non-Exam based coursework
Multiple choice questions (20 marks). Five questions each with a number of sub questions (80 marks) Written exam: 1hr 45-minutes 100 marks. What is assessed: <ul style="list-style-type: none">• Food, nutrition and health• Food science• Food safety• Food choice• Food provenance	NEA 1: Food Investigation (30 marks) Approx 10 pages Assessing students' understanding of the working characteristics, functional and chemical properties of ingredients. NEA 2: Food Preparation Assessment (70 marks) Approx 20 pages Assessing students' knowledge, skills and understanding in relation to the research, planning, preparation, development, 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. Total - 100 Marks 30-35 Hours

Examination Board - AQA