



# Food Preparation & Nutrition GCSE

<https://www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585>

Course Title	Exam Board	Specification Code	Head of Department
GCSE Food Preparation & Nutrition	AQA	8585	Ms R McDonald

**Course Information** Food Preparation & Nutrition is a very popular subject at GCSE. On the course, you will experience a range of cooking methods and techniques as well as learning the science behind cooking, how to prepare food safely and how our bodies use the food we eat. You will also learn how to cater for, and modify food for a wide variety of different diets.

**Skills/Aptitude Required** You will need an interest in science and a passion for food. An analytical mind and a creative flair would be an advantage - this is an ideal course for anyone looking to work in the food industries or within nutrition. This is also a good choice for anyone who would like to learn how to create nutritious and healthy meals for those with a variety of diets.

**Next Steps** This course provides an excellent step towards further study in food and nutrition, culinary arts and a variety of sports/medical nutrition courses.

**Entry** Entry to this course is subject to suitability, due to the required use of meats, animal products and allergens.

**Future Careers** This course supports anyone seeking a career in nutrition, catering, culinary arts, food technology, product development, catering, hospitality or food industries.

It would also support those seeking to work in sports sciences, healthcare, medicine, education and international development.

## The Course in Depth

**Year 9 Topics Covered** In Year 9, you will have three theory lessons a fortnight to learn all about nutrition and diet, food safety, properties of ingredients, provenance, food choices and food intolerances.

You will also have a double lesson every fortnight for practical cooking lessons where you will develop a range of cooking skills and create a wide range of dishes including a variety of ingredients. These will include dishes for those with a variety of special diets.

There are 12 different practical skills to learn - including knife skills, sauce making and use of different equipment. All your practical lessons will be linked to the theory work.

**Year 10 Topics Covered** Year 10 will focus on the more technical elements of the course including a range of more technical dishes and skills - such as how to portion a whole chicken - and will follow on from what you learn in Year 9.

In your theory lessons you will learn about food ethics and provenance, the science processes used in food (such as denaturation), how diet can affect health and how different cooking methods are used.

**Year 11 Topics Covered** In Year 11, you will revisit key theory topics and prepare to complete the NEA (Non-Exam Assessment) which will be in two parts.

### An investigation (15% of total grade)

This will allow students to carry out practical experiments on food - much like a science experiment and will be recorded as a written or typed report of approximately 1500-2000 words.

### A practical assessment (35% of total grade)

Students will be required to make and present a range of dishes which demonstrate their understanding of nutrition and their technical ability (including knife skills). There will also be a written exam based on what you have learned in theory lessons over the last two years.

**Internal Assessment** The non-exam assessment (NEA) is in two parts - the investigation and the practical assessment - and will measure how students have achieved the following assessment objectives;

- AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation.
- AO3: Plan, prepare, cook and present dishes, combining appropriate techniques.
- AO4: Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others.

**External Assessment** The written exam accounts for 50% of the overall grade and will test your knowledge and understanding of all the theory work covered in Years 9 and 10 related to assessment objectives;

- AO1: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation.
- AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation.
- AO4: Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others.