



GCSE



EXCELLENCE THROUGH ENDEAVOUR

Food Preparation & Nutrition

Why study Food Preparation & Nutrition?

We all need to eat. But it isn't all about sourcing the produce, preparing and then cooking it ready to eat. It is also understanding where produce comes from, what its nutritional value is and what happens to the nutritional value when cooked in different ways.

Food and water are our fuel, so we need to understand the impact that eating the right (and wrong foods) can have on our health and well-being.

Exam Board:



Overview of course content

Components Studied

This course equips 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, make informed decisions about food and nutrition and develop knowledge in order to be able to feed yourselves and others affordably and nutritiously, now and later in life.

This course includes:

1. Food Commodities
2. Principles of Nutrition
3. Diet and Good Health
4. The Science of Food
5. Where Food Comes From
6. Cooking and Food Preparation.

You will be taught through a combination of practical and theory lessons during Year 10 and then the focus will shift to completing the assessments and exam preparation in Year 11.

Examination and Assessment

This qualification is assessed with one examination and two non-examination assessments (NEA) tasks:

Examination	% of GCSE
Component 1: Principles of Food Preparation and Nutrition This component will consist of two sections both containing compulsory questions and will assess the six areas of content listed in the specified GCSE content. Section A: questions based on stimulus material Section B: structured, short and extended response questions to assess content related to food preparation and nutrition. Exam duration: 1 hour 45 minutes	50%
Component 2: Food Preparation and Nutrition in Action (non-examination assessment) Assessment 1: The Food Investigation A scientific food investigation will assess the pupil's knowledge, skills and understanding in relation to scientific principles underlying the preparation and cooking of food. (8 hours - worth 15% of qualification) Assessment 2: The Food Preparation Prepare, cook and present a menu which assesses the pupil's knowledge, skills and understanding in relation to the planning, preparation, cooking and presentation of food. (12 hours - worth 35% of qualification)	50%



If you have any questions, please contact:
office@kennetschool.co.uk