



GCSE Food Preparation & Nutrition

Exam board: **AQA 8585**

SEAFORD COLLEGE

HEAD OF FOOD – MRS SHAW

Why should you choose it?

This is a GCSE course with a strong practical focus. You'll master a variety of technical skills and become proficient in the kitchen. In addition, you'll develop an in-depth knowledge of food science, food safety, food choice, nutrition and health.

You'll also develop transferable skills such as:

- analysis
- evaluation
- communication skills
- working independently
- time management
- the ability to interpret information and data.



How will it fit with my other subjects?

The skills you develop through the study of food preparation and nutrition will support your study of a wide range of other subjects and can be studied in combination with any other GCSE course.

In terms of subject knowledge, the nutrition and health may particularly complement the study of Biology and Physical Education.

Food Preparation and Nutrition also helps you to learn how to work independently and manage your time – skills valued by both higher education institutions and employers alike.

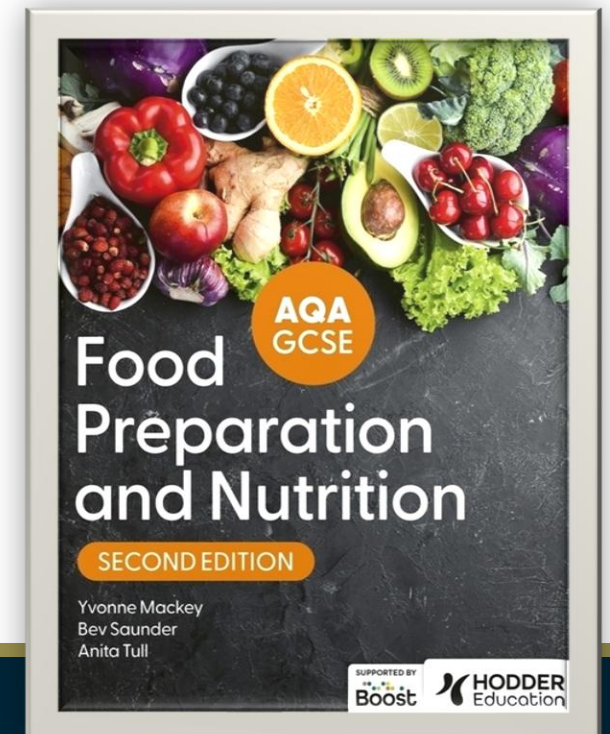
Course content

This qualification is linear. Linear means that students will sit all their exams and submit all their non-exam assessment at the end of the course. The GCSE is 50% Coursework (NEA) and 50% Exam.

SUBJECT CONTENT:

Food preparation skills – these are intended to be integrated into the five sections

Food, Nutrition and Health
Food Science
Food Safety
Food Choice
Food Provenance



1. Food Nutrition & Health

- Protein, carbs, fat, vitamins, minerals, water, fibre
- Nutritional needs and health
- Technological developments associated with better health
- Energy needs, special diets
- Carry out nutritional analysis

2. Food Science

- Cooking of food and heat transfer
- Functional and chemical properties of food

3. Food Safety

- Food spoilage and contamination
- Buying and storing food
- Preparing and cooking food

4. Food Choice

- Factors affecting food choice
- British and international cuisines
- Sensory evaluation
- Food labelling and marketing

5. Food Provenance

- Environmental impact & sustainability of food
- Food processing & production

Structure of the course

Year 10

In year 10, students will mainly focus on theory (food, nutrition & health; food science; food safety; food choice; food provenance). Work is currently completed using OneNote.

There will be some practical skill lessons (examples: whisked sponge, marinating, dough making, pastry skills, piping skills, using electrical equipment, sauce making to mention a few!)

Year 11

Year 11 work will be dedicated to completion of coursework (Non-Exam Assessments) and revision of the theory ready for the external exam at the end of the course.

Assessment

AQA GCSE Food Preparation & Nutrition *comprises 2 elements:*

External Exam - 50% total marks (1hr 45min paper)

Internal Assessment – Non-Exam-Assessment (NEA) coursework 50% total marks:

Comprising 2 pieces of coursework:

NEA1 – Food Investigation 15% of total marks

NEA2 - Food Preparation 35% of total marks



50% total marks

How it is assessed

EXAM - Paper 1: Food Preparation and Nutrition – 50% of the GCSE, external exam taken at the end of year 11.

COURSEWORK (Non-Exam-Assessment-NEA) – 50% of the GCSE, internal assessment completed in year 11:

Task 1: Food Investigation (15% of GCSE)

Students' understanding of the working characteristics, functional and chemical properties of ingredients. *Practical investigations are a compulsory element of this NEA task. Written or electronic report (1,500–2,000 words) including photographic evidence of the practical investigation.*

Task 2: Food Preparation Assessment (35% of GCSE) includes a 3-hour practical exam

Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task (tasks are released by the exam board and change each year). 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. *Written or electronic portfolio including photographic evidence. Photographic evidence*

Sample Exam Questions

Question 4 is about food provenance.

4 . 1 Which one of the following is a primary source of food?

- A Vegetable oil
- B Wheat
- C Jam
- D Butter

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4 . 2 Which one of the following is not an example of secondary processing?

- A Yoghurt
- B Cheese
- C Milk
- D Double cream



☐
☐
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4 . 3 Complete this sentence correctly:
Foods that are produced without the use of chemical fertilisers

7 . 4 The table below shows dishes that use eggs as an ingredient.

For each dish describe a different function of eggs.

Functions may only be used once. An example is given.

Dish that uses eggs	Describe the different functions of eggs
<p>Example: Burgers</p> 	<p>Function: Binding</p> <p>The egg holds the dry ingredients together so the burgers do not fall apart when cooked.</p>
<p>Cheese flan</p> 	<p>Function:</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

[1 mark]

Question 6 is a case study related to children's dietary needs.

You are advised to spend about 25 minutes on this question.



Joe is an active 7 year old.
He takes a packed meal to school each day.

Today Joe has the following packed meal:

- a cream cheese sandwich (using white bread and butter)
- salt and vinegar crisps
- a chocolate biscuit
- a sweet, fizzy orange drink

6 . 1 Describe how the packed meal will provide Joe with energy.

[3 marks]

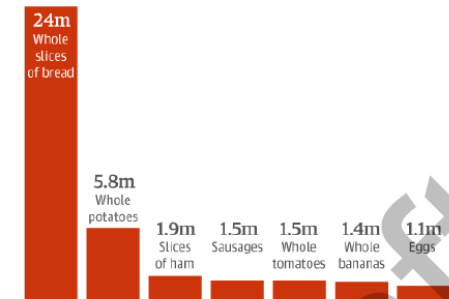
Question 8 is about food provenance.

You are advised to spend about 15 minutes on this question.

Statistics show that families throw away almost a third of all food.

Household food waste

Every day in UK homes we throw away approximately ...



SOURCE: ONS

8 . 1 Give reasons why food is wasted in the home.

[6 marks]

There are 12 skills that are fundamental to the practical element of the course:

Practical Skill Requirement

1. **General practical skills:** weighing, measuring, selecting & adjusting cooking times, testing readiness, judge & modify sensory qualities.
2. **Knife skills:** cutting fruit & veg, meat, fish & alternatives
3. **Preparing fruit & veg**
4. **Use of the cooker:** using the hob, grill & oven
5. **Use of equipment:** blender, food processor, mixer, pasta machine, microwave etc.
6. **Cooking methods:** water-based, dry heat, fat-based methods
7. **Prepare, combine & shape:** roll, wrap, mix, coat, layer etc.
8. **Sauce making** starch based, reduction, emulsion
9. **Tenderise & marinade** acid to denature protein, marinade to add flavour & moisture
10. **Dough:** bread, pastry, pasta – shaping & finishing
11. **Raising agents:** chemical, steam, mechanical, biological
12. **Setting mixtures:** removal of heat, protein, gels



Expectations of students

- ❖ To be totally interested in food in all forms: cooking, presentation, nutrition, hygiene & more!
- ❖ Expect to work hard in practical lessons, starting early if needed
- ❖ Practice making dishes and experimenting with recipes at home
- ❖ Revise hard with the theory – this will mainly be covered in year 10, along with skills practical work
- ❖ Have an enquiring mind – working out investigations with ingredients (how they work)
- ❖ Be organised – plan ahead with recipes
- ❖ Cook at home – the more practice the better
- ❖ Watch ‘foody’ TV programmes – both documentaries (theory) and cooking/making
- ❖ Be ‘health aware’
- ❖ Enjoy and appreciate food!

The food industry is a complex, global collective of diverse businesses that supply much of the food and food energy consumed by the world population. It is worth £96.1 billion to the UK economy.

Future pathways

Regulation: local, regional, national, & international rules & regulations for food production & sale, including food quality, food safety, marketing/advertising, industry lobbying activities

Education: academic, consultancy, vocational

Research and development: food technology, developing & creating new products

Financial services: credit, insurance

Manufacturing: agrichemicals, agricultural construction, farm machinery and supplies, seed, etc.

Agriculture/Supply Chain: raising of crops and livestock, and seafood

Food processing: preparation of fresh products for market, and manufacture of prepared food products

Marketing: promotion of generic products (e.g., milk), new products, advertising, marketing campaigns, packaging, public relations, etc.

Wholesale and distribution: logistics, transportation, warehousing

Retailing: supermarket retail chains, independent

Catering: large scale, cooperate, independent, café, restaurant, hotel etc.

Health Care: dietician, nursing, health visitor

Sport: nutrition, performance



Any questions?

If you have any questions regarding the content of the course please contact:

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