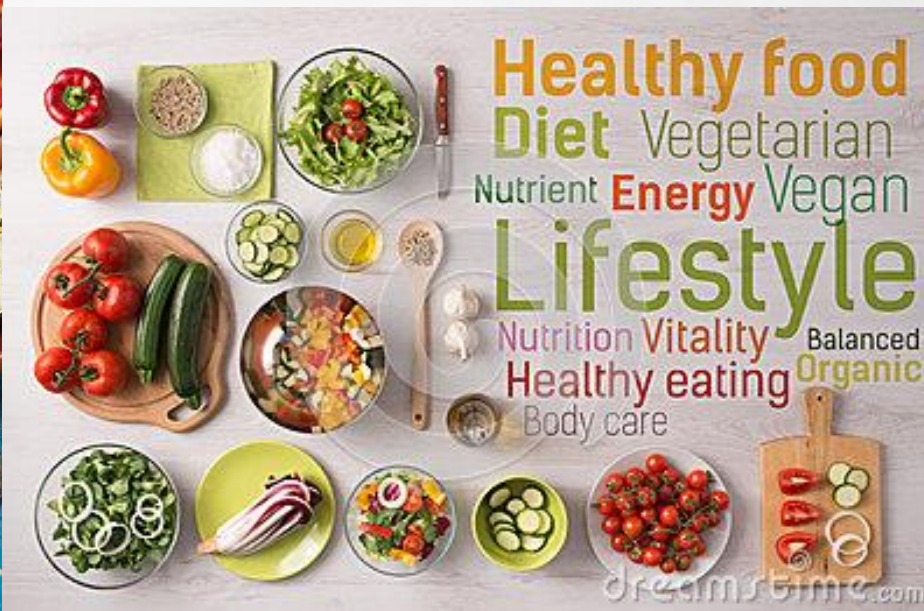




GCSE AQA Food and Nutrition

AQA
GCSE

Food Preparation and Nutrition





Why study Food and Nutrition

This GCSE in Food Preparation and Nutrition is an exciting and creative course which focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of ingredients. At its heart, this qualification focuses on nutrition and encouraging the preparation of balanced dishes.

This course can lead to careers in:-

- The food and drink service industry
- Restaurants, hotels and food preparation
- Catering
- Hospitality
- Product development and testing
- Food science
- Supply chain purchasing
- Health, safety and environmental health
- Dietary advice ...and many more



Non-exam assessment (NEA)

What's assessed

Task 1: Food investigation (30 marks)

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 (70 marks)

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 a single period of no more than 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.
- **Task 2:** Written or electronic portfolio including photographic evidence. Photographic evidence of the three final dishes must be included.

NEA 50% and Exam 50%

Task 1-Food Investigation 30 marks **15%**

Students to investigate and write up their findings about the functional properties of ingredients. **1500-2000 words assignment**

Task 2- Food preparation task **35%**

Student to **plan, prepare, cook and present a range of dishes** based on a theme set by the exam board which reflects, culture, tradition or specific group



Who should choose this and why

Who should find success here?

- Students who have a keen interest in gaining knowledge not only how to plan, prepare and cook dishes but the science behind the ingredients.
- Students who are willing to experiment with flavours and texture and to persevere when/if dishes do not go to plan

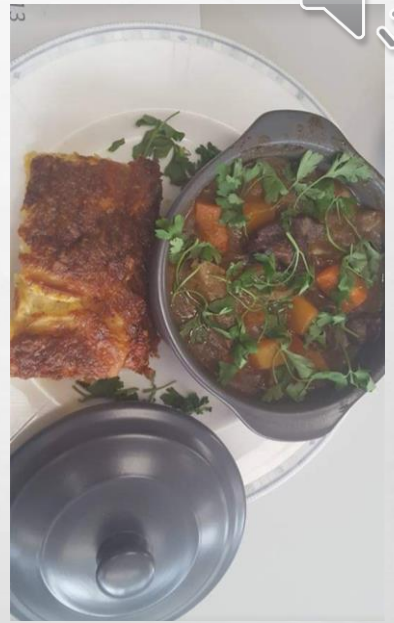


Who should choose this and why

What do you need to be good at / interested in to do well on the course?

- Interested in the science behind cooking and the function of ingredients
- Interested in culture and tradition with dishes, where they originated from, the different flavours and textures
- You need to be good at being flexible, not all dishes go well and it is experimenting with ingredients, temperatures etc. and practicing to learn and adapt recipes
- You need to have basic knife skills and are willing to build upon practical skills





Previous students work
NEA 2 Food preparation task