

GCSE Course Followed: Food Preparation and Nutrition

Specification: [AQA \(syllabus code 8585\)](#)

This GCSE 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 food materials.

At its heart, this qualification focuses on nurturing students' practical cookery skills to give them a strong understanding of nutrition.

The course is broken down into five core topics: - Food, nutrition and health, Food science, Food safety, Food choice, Food provenance. This option is assessed through 50% Controlled Assessment, which involves two investigations.

Task 1 is a Food Investigation (1,500–2,000 words) including photographic evidence of the practical investigation where students' understanding of the working characteristics, functional and chemical properties of ingredients is demonstrated.

Task 2 is a Food Preparation Assessment where students' knowledge, skills and understanding in relation to the planning, preparation, cooking, and presentation of food and application of nutrition related to the chosen task is assessed. Task 2 includes a 3 hour practical exam.

The remaining 50% is assessed through a 1 hour 45-minute written exam, which includes 20 multiple choice questions. Extra support will be given to the students where appropriate through after-school sessions to further develop their knowledge and practical skills within the subject.

Key Stage Four Curriculum Overview

Year 10

	Name of topic	Key Content of the Topic	Assessment points
HT 1	Food nutrition and health	<p>Nutrients</p> <p>Pupils need to understand the functions, main sources, effects of deficiency and excess, related dietary reference values of (fat, protein, carbohydrates, Vitamin A D E K, C B1 B2 B3 Folic Acid B12) calcium, iron, sodium (salt) , fluoride, iodine, phosphorus.</p> <p>Nutritional Needs and Health</p> <p>Obesity, cardiovascular health (coronary heart disease (CHD) and high blood pressure), bone health (rickets and osteoporosis), dental health, iron deficiency anaemia, Type 2 diabetes.</p>	<p>Multiple end of topic tests</p> <p>Practical skills assessment</p>
HT 2	Food science	<p>Pupils need to understand why food is cooked and how heat is transferred to food (conduction, convection, radiation)</p> <p>Pupils need to understand the functional and chemical properties of food and the following processes:- protein denaturation, protein coagulation, gluten formation foam formation. Gelatinisation, dextrinisation, caramelisation shortening, aeration, plasticity, emulsification enzymic browning, oxidation.</p>	<p>Multiple end of topic tests</p> <p>Practical skills assessment</p>
HT 3	Food safety	<p>Food spoilage and contamination</p> <p>Microorganisms and enzymes</p> <p>The signs of food spoilage</p> <p>Microorganisms in food production</p> <p>Bacterial contamination</p>	<p>Multiple end of topic tests</p> <p>Practical skills assessment</p>
HT 4	Food Provenance	<p>Environmental impact and sustainability</p> <p>Processing and production.</p>	<p>Multiple end of topic tests</p>
HT 5	Food choice	<p>Factors which influence food choice</p> <p>Food labelling and marketing influences</p> <p>Food products from British tradition and two different cuisines.</p> <p>Sensory evaluation</p>	<p>Multiple end of topic tests</p> <p>Practical skills assessment</p>
HT 6	Mini NEA 1 trail Mini NEA 2 trail	<p>Food Investigation</p> <p>Food preparation assessment</p>	<p>trial Exam</p> <p>NEA 1 trail</p> <p>Practical skills assessment – practical exam.</p>

Year 11

	Name of topic	Key Content of the Topic	Assessment points
HT 1	NEA 1	10 hours food investigation	1500 NEA 1 practical investigation write up
HT 2	NEA 2	20 hours Section A Research for task	
HT 3		Section B demonstrating practical skill, 3 to 4 dishes Section C planning	
HT 4		Section D 3 hour practical exam Section E Analysis	20 A4 page NEA 2 portfolio
HT 5	Revision	Revision all 5 topic areas using exam questions, tests	
HT 6	NA		GCSE exams

Recommended Revision Guides for GCSE

Students have accounts for 'Dynamic Learning' through which they can access an e-book with exam questions and mark schemes.

Collins revision guides are available to buy from the department.

Collins AQA GCSE Revision Food Preparation and Nutrition

The recommended text books for the course are listed below

AQA GCSE Food preparation and Nutrition (Alexis Rickus)

AQA GCSE Food preparation and Nutrition (Anita Tull)

CGP also do a GCSE Food Preparation and Nutrition revision guide

Further resources are available on Office 365.

Support available for GCSE Students

Pupils are free to use computers in F1 to complete work during lunchtime extra practical session will also be provided for pupils where it is needed. Lunch time revision sessions will be available before mock and GCSE exams.