

GCSE Food

Course Specifications

Course Title: Food Preparation and Nutrition

Exam Board: EDUCAS

Link to specification:

<https://www.eduqas.co.uk/umbraco/surface/blobstorage/download?nodeId=12155>

Grading: 1-9

Course Details

What will you learn?

Year 10

This GCSE 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, the functional and working characteristics of food materials as well as the science of cooking. At its heart, this qualification focuses on nurturing students' practical cookery skills to give them a strong understanding of nutrition.

Food preparation skills are integrated into six core topics:

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

Autumn - Principles of nutrition / Diet and good health:

- Food safety and hygiene
- The definition and roles of macronutrients (carbohydrates, proteins, water and fats) and micronutrients (vitamins and minerals) in relation to human nutrition.
- The consequences of malnutrition (over and under) and complementary actions of the nutrients.
- Dietary requirements at different life stages.
- Specific dietary needs or nutritional deficiencies such as diabetes, allergies and intolerances.
- Specific lifestyle needs to include vegetarians, vegans, and those with religious beliefs.
- **Preparing and cooking a range of nutritious dishes.**

Spring - Food provenance and where food comes from:

- Food origins of where and how foods are grown, reared, or caught. The primary and secondary processing of food.
- Food miles, impact on the carbon footprint, buying foods locally and food waste. Impact of packaging on the environment versus the value of packaging
- Food security and sustainability.
- The positive and negative effects of food modification on health and food production. Genetically modified foods and additives.
- **Preparing and cooking a range of international dishes.**

Summer - The science of food:

- Why food is cooked, to include digestion, taste, texture, appearance and to avoid food contamination.
- How heat is transferred to food
- How to select an appropriate cooking method
- The positive use of microorganisms such as bacteria in dairy products.
- The working characteristics, functional and chemical properties of ingredients
- Reasons why particular results may not always be achieved, e.g. a sponge cake sinks, a sauce goes lumpy
- How to remedy situations when desired results may not be achieved in the first instance
- Food spoilage, correct storage, preservation/keeping foods for longer, e.g. jam making, pickling, freezing, bottling, vacuum packing.
- Signs and symptoms of food poisoning with preventative measures.
- **Preparing and cooking a range of dishes to reinforce the topic of food science such as aeration in cakes, dextrinization in baked goods etc.**

Year 11**Autumn - NEA 1**

- 15% of final GCSE grade
- 8 hours long
- A scientific food investigation which will assess the learner's knowledge, skills and understanding in relation to scientific principles underlying the preparation and cooking of food.

Spring - NEA 2

- 35% of the final GCSE grade
- 12 hours long
- Prepare, cook and present a menu which assesses the learner's knowledge, skills and understanding in relation to the planning, preparation, cooking and presentation of food.
- Includes a 3-hour cooking exam, where students must prepare 3 dishes according to a theme/task given by the exam board.

Summer - Revision

- The written exam is 1 hour 45 minutes and 50% of qualification.
- Section A of exam: questions based on stimulus material.
- Section B of exam: structured, short and extended response questions to assess content related to food preparation and nutrition.
- Revision of the 6 core topics to prepare for the final written exam paper.
- Exam techniques and exam practice through time tests and modelling for answers.

How will you be assessed?
During the course:
<p>Year 10:</p> <ul style="list-style-type: none"> ● Demonstration of practical skills and techniques when preparing and presenting a range of dishes. ● End of term tests. ● Mid year exams. ● End of year exams. <p>Year 11:</p> <ul style="list-style-type: none"> ● Completion of NEA1 (<i>15% of final GCSE grade</i>) and NEA2 (<i>35% of final GCSE grade</i>) coursework will be internally assessed and then externally moderated. ● PPE1 mock exam results and PPE2 mock exam results.
At the end of the course:
Your final grade will be awarded based on the following examinations and / or coursework.
<p><u>Component 1- Principles of Food Preparation and Nutrition</u></p> <ul style="list-style-type: none"> ● Written examination: 1 hour 45 minutes 50% of qualification. ● This component will consist of two sections both containing compulsory questions and will assess the six areas of content as 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. <p><u>Component 2 - Food Preparation and Nutrition in Action</u></p> <ul style="list-style-type: none"> ● Non-examination assessment: internally assessed first, then externally moderated. 50% of the final GCSE grade. ● Assessment 1- A scientific food investigation with practical experiments to explore specific ingredients: 8 hours long (15% of the final GCSE grade). ● Assessment 2- Prepare, cook and present 3 dishes according to a theme/task given by the exam board.: 12 hours long (35% of final GCSE grade).

What independent work can you do?
Learn:
Glossary of Key Terms
RAG and Revisit:
Year 10 PLC - Year 11 PLC

Explore:
NEA 1 Resources NEA 2 Resources
Revise:
W Revision checklist.docx Year 11 PLC PPE2 Revision
Prepare:
Exam papers

Which resources should you use?
Textbooks, websites, online resources
<ul style="list-style-type: none">● CGP GCSE Food Preparation & Nutrition - WJEC Eduqas Revision Guide, ISBN: 9781782946526● WJEC EDUQAS GCSE Food Preparation and Nutrition, ISBN no. 9781471867507, Jacqui Keepin, Helen Buckland● Eduqas GCSE Food Preparation and Nutrition: Revision Guide, ISBN no. 978-1-908682-87-1 A Clough-Halstead, F Dowling, V Ellis, J Hill, B Jones● https://senecalearning.com/en-GB/● https://www.bbc.co.uk/bitesize/subjects/zdn9jhv● https://www.bbc.co.uk/teach/class-clips-video/design-and-technology-gcse-food-preparation-and-nutrition/zvjh8xs● https://www.bbc.co.uk/bitesize/guides/z3fpv4j/revision/2● https://resources.wjec.co.uk/Pages/ResourceSingle.aspx?rId=3453● https://resources.wjec.co.uk/Pages/ResourceSingle.aspx?rId=3400