



Food Preparation and Nutrition Curriculum Information - GCSE

As all Year 10 students embark on their GCSE journeys, I would like to introduce you to the GCSE Food Preparation and Nutrition course. Hopefully this overview will be useful now and in the future and answer initial questions that you might have.

Course Content

The examination board for GCSE FP&N is AQA. You can find further information relating to the specification here

[AQA | GCSE | Food Preparation and Nutrition | Specification at a glance](#)

This qualification focuses on nurturing students practical cookery skills to give them a strong understanding of nutrition. The Food preparation skills are integrated into five core topics:-

- Food, nutrition and health
- Food science
- Food safety
- Food choice
- Food provenance

Practical lessons

Practical work will be at least once a week, this will be a combination of dishes made with ingredients bought in from home, experimental work when school will provide ingredients and occasional times when we offer to provide specialist specific ingredients for a small cost.

Occasionally students will be asked to come in early at break/lunchtime or stay in later after the lesson to complete dishes with more complex skills. We would like all students to prepare their own ingredients etc ready for practical lessons rather than them having this done for them. They will know the week before a session what is needed so it should not be a surprise the night before.

Food students are encouraged to choose their own recipes more widely in GCSE although there are key things which we all make at the same time. Internet recipes using cups should be chosen carefully as the conversions can be more difficult to ensure quality products.

It is strongly recommended that all students have a large plastic box/container clearly labelled with their name that can be used to take food home after each practical lesson.

Course Assessment

There are two strands of assessment, a written final exam and Non-Examined Assessment (NEA) which is completed in lessons throughout the second year of the course. Each strand is worth 50% of the final GCSE.

Written paper (taken in June of Year 11)

1 hr 45 mins long

100 marks (50% of final GCSE)

Multiple Choice questions (20 marks)

5 longer structured questions (80 marks)

NEA 1 Food Investigation (Sept - Nov of Year 11)

30 marks (15% of final GCSE)

Practical food experimental work and a written report

Assesses Students' understanding of the working characteristics, functional and chemical properties of ingredients.

NEA 2 Food Preparation Assessment (Nov - Mar of Year 11)

70 marks (30% of final GCSE)

Students will prepare, cook, and present a final menu of three dishes within a single period of no more than three hours, planning how this will be achieved. Assesses students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task.

Textbooks and Resources

We use this AQA approved textbook with a class set to use in school and all students will be given a log in to have access to a digital version on their chrome books.

[AQA GCSE Food Preparation and Nutrition: Student Book : Tull, Anita, Littlewood, Garry](#)

Revision books can be a useful additional resource that some students choose to buy but this is not essential.

Co-curricular Food

Throughout the year there are opportunities to do different things linked to Food aside from the classroom lessons. Regional and National competitions such as the Young Rotary Chef and Future Chef can be entered and there are often cooking and baking in-house school competitions in addition to the regular requests to help at open evenings etc in the Food department.

More information can be found on the Food subject page of the school's website.

<https://www.ahs.bucks.sch.uk/welcome-to-food/>

If you have any queries, please contact Mrs S Saunders, Head of Food, at ssaunders@ahs.bucks.sch.uk