

# Food Preparation and Nutrition GCSE

## Course components

<b>NEA 1</b>	<b>NEA2</b>	<b>Written Examination</b>
<b>15% GCSE Grade</b>	<b>35% GCSE Grade</b>	<b>50% GCSE Grade</b>
<b>Food Science Investigation</b>	<b>Food Preparation Task</b>	<b>1hr 45 minutes examination</b>
<ul style="list-style-type: none"><li>• Raising agents Bread</li><li>• Ingredients in Biscuits</li><li>• Methods of cooking vegetables</li></ul>	<ul style="list-style-type: none"><li>• Family meals on a budget</li><li>• Seasonal foods</li><li>• Celebrations around the world</li></ul>	<ul style="list-style-type: none"><li>• Food Science</li><li>• Food Choice</li><li>• Food Safety</li><li>• Food Provenance</li><li>• Diet and Nutrition</li></ul>

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## What's to come...

December 2023	Christmas Holidays	January 2024	February 2024	February half term holiday	March 2024	April 2024	Easter holiday	May 2024	June 2024
NEA2 3-4 practicals demonstrating skills	Plan and practice dishes being made in 3 hr exam	Complete write up and planning for 3 hr practical exam	Practical exam	Evaluate thoroughly the practical exam.	Complete and submit NEA2	Plan and prepare for the written exam	Thorough revision for the written exam	Plan and prepare for the written examination	19 <sup>th</sup> June Written examination 1hr 45mins

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**How can parent help on their final journey to success?**

Set aside time to practice their final chosen dishes. Time how long the processes take, help create a plan of action for the exam. List equipment needed and create a detailed shopping list

Ensure that when students bring home their dishes you provide critical feedback about their food. This will help them evaluate and suggest possible improvements that would be suitable. Help cost the dishes by saving shopping receipts.

Set aside time to practice their final chosen dishes. Time how long the processes take, help create a plan of action for the exam. List equipment needed and create a detailed shopping list

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## Revision Tools

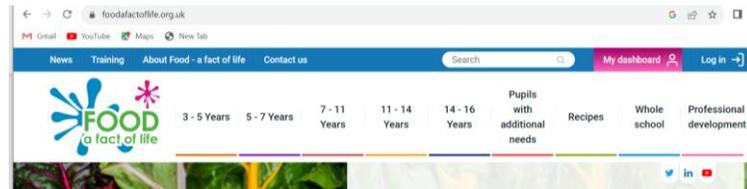


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### Food Preparation and Nutrition - Healthier cooking - YouTube



... [bbc.co.uk/learningzone](http://bbc.co.uk/learningzone) More resources from BBC Bitesize: [http ...](#)  
Healthier cooking | Design and Technology - Food Preparation and...



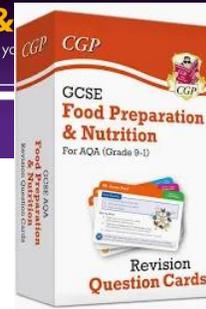
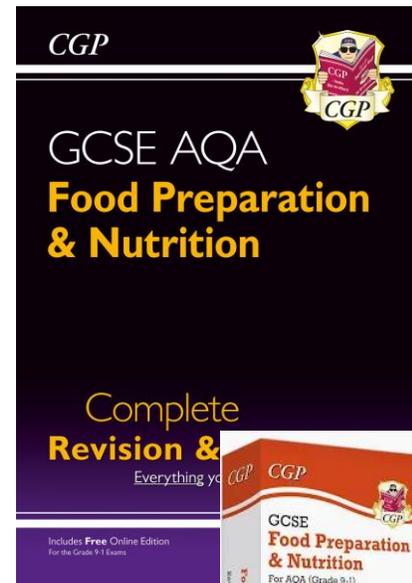
### GCSE Food Preparation and Nutrition

8585

Next exam: 19 June 2024

Food preparation and nutrition

[Past papers](#)



YouTube · IFST  
28.2K+ views · 6 years ago

### Love Food Love Science - how to begin a food investigation



In this short video, we suggest some first steps for beginning a food investigation. We look at:- analysing the question to understand what ...

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