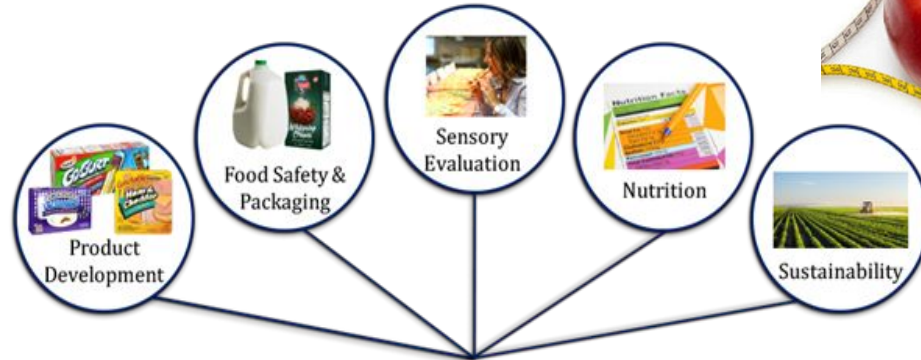# Welcome to GCSE

Food Preparation and Nutrition

What is Food Preparation and Nutrition?

Food Preparation and Nutrition is an exciting, creative,analytical and evaluative course which focuses on practical cooking skills and food science.

Students develop understanding in the following areas:
- ★ Nutrition and Health
- ★ Food Science
- ★ Food Provenance
- ★ Food Choice
- ★ Food Safety

Product Development

Food Safety & Packaging

Sensory Evaluation

Nutrition

Sustainability

Food Science

Career Prospect:

Students develop culinary, analytic, creative and evaluative skills.

These skills prepare them for various professions i.e.

★ Catering and Hospitality Industry
★ Food Analysts
★ Dietician and Nutritionist
★ Lecturer or Teacher in Food Science
★ Food Standard Agency
★ Food Marketing Officer
★ Food Labelling Specialist
★ Food Product Development Scientist

Assessment 1

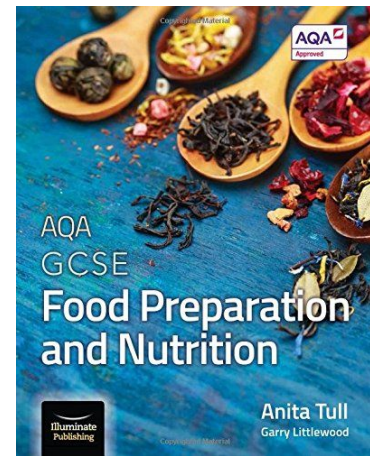**Paper 1:** **Food Preparation and Nutrition**

(50% of the final GCSE grade)

Written exam: 1 hour 45 minutes   (100 marks)

- **Section A :   Multiple choice questions (20 marks)**
- **Section B: 5 questions each with a number of sub questions (80 marks)**

Students are assessed on their knowledge and understanding of Nutrition and Health, Food Provenance, Food Science, Food Choice and Food Safety.
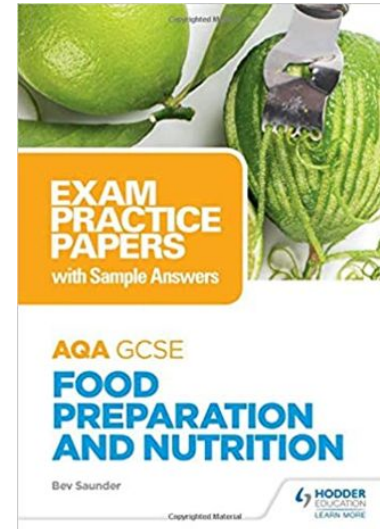
Assessment 2

Non- Exam Assessment **(NEA) Practical work**   **(50% of the final GCSE grade)**

A written or electronic portfolio including photographic evidence of dishes that demonstrates application of technical skills and practical outcomes.

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' 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.

NEA 2

Food Preparation Task

20 hours work

Maximum 20 sides of A4

Questions?   Contact: Ms Koomson G15
Email: ruby.koomson@rokeby.ncltrust.net