

# Parent Revision Surgery

## Food Preparation and Nutrition

Your guide to study support

Helping your child to be the best they can be



# Overview of course

## **Non-examined Assessment 1: Food Investigation**

Written report 2000 words  
(30 marks and 15% of overall grade)

## **Non-examined Assessment 2: Food Preparation Assessment**

Practical 3 hour exam with portfolio of photographic evidence  
(70 marks and 35% of overall grade)

### **Written exam**

1 hour 45 minutes  
(100 marks and 50% of overall grade)



# Key dates

**Monday 24th and Wednesday 26th February 2020**

**Practical Exam** - 3 hours

Time allocated for evaluation of final dishes after exam

**Tuesday 9th June 2020**

**Written Exam** - 1 hour 45 mins

# Supporting revision in the practical exam

Students have a specific task they have chosen to investigate. Within this topic they will research, plan and prepare a range of practice dishes before their practical exam.

Each practice dish will need to be researched, demonstrate cooking and preparation skills, and be evaluated to inform decisions for their final dishes.

How you can support pupils:

- **Practising at home**

This develops confidence, time management and helps master complex skills. You could help by supporting and **timing them to cook dishes** they plan to make as part of their practice or final exam at home.

- **Identifying practical skills**

This helps students to identify and demonstrate skills in the dishes they make. You could help by identifying and listing skills they demonstrate when cooking at home. **List of the 12 skills is in handout.**

- **Evaluating dishes**

Dishes need to be tasted and evaluated as part of the written report. You could support students with this by **scoring dishes on their taste, texture, appearance and aroma** and discussing improvements that could be made to dishes using sensory adjectives.

# Supporting revision in the written exam

The written exam will test pupils' knowledge across 5 topics;

Topic 1; Food, nutrition and health

Topic 2: Food science

Topic 3: Food safety

Topic 4: Food choice

Topic 5: Food provenance.

How you can support pupils:

- **Flashcards and testing**

Pupils will be producing flashcards to help them revise across the topics in the written exam. You can support revision by **testing and questioning pupils** about the information on these. An extensive list of revision questions for testing will be provided to pupils.

- **Flip and fetch**

Pupils have a homework book in which they complete revision of key words using a flip and fetch technique. This consists of reading key information, memorising it, then writing the definition. This is checked and corrected until accurate for a quiz in class. You could support pupils by **checking corrections in homework books**. You could also ask questions to support this homework process by asking **'what is the homework topic of the half term?'** or **'what are the keywords of the week?'** and asking pupils to explain the definitions of these.

- **Discussing factors when shopping, cooking and eating**

Students need to discuss the food that is bought, cooked and eaten at home. These discussions could be about the origins of where food has been grown or reared, the **main nutrients** meals contain and why these are important, **how meals are costed** when shopping, the importance of looking at **labelling** on food ingredients, and **cooking methods** used when preparing foods.