

# FOOD PREPARATION & NUTRITION

## COURSE DETAILS

Exam Board: AQA

Specification Code: 8585

Website: <https://www.aqa.org.uk/subjects/food-preparation-and-nutrition/gcse/food-preparation-and-nutrition-8585/specification>

### WHAT WILL I STUDY?

The Food Preparation and Nutrition GCSE will help you develop a greater understanding of nutrition, food provenance and the working characteristics of food materials. You'll also learn about food from around the world, through the study of British and international culinary traditions as well as developing an understanding of where food comes from (food provenance) and the challenges surrounding food security. You'll master culinary skills and appreciate the science behind food and cooking. This is an exciting and creative course which will allow you to demonstrate your practical skills and make connections between theory and practice.

### ASSESSMENT

There will be one exam for this qualification, which will assess your knowledge of the theory behind food preparation and nutrition. The exam will be 1 hour 45 minutes long. The second part of the assessment will be non-exam assessment and will consist of two tasks, involving practical work.

**Task 1:** You will carry out an investigation into the scientific principles that underpin the preparation and cooking of food. This task will provide you with an opportunity to demonstrate your knowledge and practically apply your understanding of the science behind cooking. You'll practically investigate ingredients and explain how they work and why.

**Task 2:** You will plan, prepare, cook and present a three-course menu. This task will provide you with an opportunity to cook up a storm and showcase your creativity and cooking skills. You might make a street food menu, create delicious tapas dishes or cook up a menu for a student on a budget.

### SKILLS

This is a GCSE course with a strong practical focus. You'll master a variety of technical skills and become proficient in the kitchen. In addition, you'll develop an in-depth knowledge of food science, food safety, food choice, nutrition and health. You'll also develop transferable skills such as:

- analysis
- evaluation
- communication skills
- working independently
- time management
- the ability to interpret information and data

### HOW WILL IT FIT IN WITH MY OTHER SUBJECTS?

The skills you develop through the study of food preparation and nutrition will support your study of a wide range of other subjects and can be studied in combination with any other GCSE course. In terms of subject knowledge, the nutrition and health may particularly complement the study of Biology and PE. Food Preparation and Nutrition also helps you to learn how to work independently and manage your time – skills valued by both higher education institutions and employers alike.

## **SPECIFICATION AT A GLANCE**

The qualification is linear, meaning students will sit an exam at the end of the course, along with the submission of the non-exam assessment (controlled assessment tasks). The subject content is broken down into five main areas:

1. Food, Nutrition and Health
2. Food Science
3. Food Safety
4. Food Choice
5. Food Provenance

Each area will be taught through mini projects and one-off tasks, with a large proportion taught through practical activities – students will need to bring ingredients for a wide variety of practical tasks throughout the duration of the course. This will, of course, carry with it theory work to extend and consolidate learning in preparation for the final exam.

## **WRITTEN EXAM ASSESSMENT**

The final exam (worth 50% of the overall GCSE) will test theoretical knowledge of the specification content. The paper is divided into two sections: Section A worth 20 marks and Section B worth 80 marks.

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| Section A | Multiple choice questions structured to reflect the 5 areas listed above.                                      |
| Section B | Five questions varying in styles of approach and content (both short answer questions and extended responses). |

## **NON-EXAM ASSESSMENT**

The non-exam assessment is broken down into two tasks: Food Investigation and Food Preparation Assessment. Both tasks will be completed under supervised conditions.

### **Food Investigation (15% of the overall GCSE)**

A written report where students will demonstrate their understanding of the scientific principles that underpin the preparation and cooking of food. The topic of the investigation will be confirmed by AQA in the Autumn Term of Year 11. The investigation and report should be completed within 10 hours.

### **Food Preparation Assessment (worth 35% of the overall GCSE)**

Students will plan, prepare, cook and present a three-course menu within 3 hours. The task will be set by AQA in the Autumn Term of Year 11. It is recommended that students spend 20 hours on the task, in which time they must produce a concise portfolio that demonstrates their application of technical skills and their practical outcomes. They will need to explain how they planned and carried out the preparation, cooking and presentation of their three final dishes, and evaluate the cost and sensory properties and nutritional characteristics of each dish.

## **MISS A STRINGER**