

GCSE



Food preparation and Nutrition

GCSE Food Preparation and Nutrition: In Year 10 students will study six key themes: food commodities; principles of nutrition; diet and good health; the science of food; where food comes from and cooking and food preparation. Practical sessions will link to these themes, becoming more complex and using a wide range of processes, equipment and ingredients over time. This will equip students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. In Year 11 students will apply the knowledge and skills they have developed to complete two non-exam assessment (NEA) tasks and a written exam. NEA1 is a food science project where the properties of ingredients and processes used in a given product are investigated and explained. NEA2 includes a practical cooking skills test where students will choose a range of dishes to suit a specific scenario. The final written exam covers all areas of the specification.