

Course Tier Information (where appropriate):

One tier of entry: 9 - 1

Course Assessment:

Written Exam 50%. - 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. (50%)

NEA (Non-Exam Assessment) 50% - The second part of the assessment will be non-examination assessment (**NEA**) and will consist of two tasks, involving practical work. (50%)

(Contextual challenges to be released annually by AQA on September 1st in the year prior to the submission of the NEA)

General Course Information:

The Food Preparation and Nutrition GCSE will help you to 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.

A planned series of activities, outlined on the next page, will take you through the required techniques and understandings to allow you to be fully prepared for the non examined assessment (**NEA**) activities which count for 50% of the final mark.

NEA 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.

NEA Task 2: You will plan, prepare, cook and present a 3 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.

Useful resources/ways to improve:

This is practical and creative course which focuses on giving you the necessary skills and subject knowledge to provide you with a strong foundation in food preparation and nutrition— which you will be able to demonstrate in the two practical tasks.

It is important that you maintain your interest in food preparation, presentation and the wider issues of nutrition beyond the classroom by practicing your skills and applying your learning at home.

Watching the numerous food and cooking programs available on television will inform on the broader impact of catering and the food industries.

As a new course there are a range of exciting resources that are now being produced by publishers which include. The CGP **GCSE Food Preparation and Nutrition, for AQA (Grade 1-9)** covers all areas of the AQA specification. See also AQA GCSE Food Preparation and Nutrition **ISBN 9781908682789**, Illuminate Publishing. A digital version of this text book is available to you on the HWS intranet and is attached to SMHW.

YEAR 10

SEPT 2019 - JULY 2020 *Topics to be studied during the first year of the course.*

Unit1 - School Dinners Project

You will design a **healthy hot school meal** for Secondary aged students that meets the criteria set out by the **Eatwell Guide** and Government legislation for **School Meal Standards**.

You will develop your understanding of: The Eatwell guide, nutritional analysis, macronutrients, sensory testing, food choices, knife skills and the properties and functions of ingredients. You will conduct **product trials** of a range of nutritionally well balanced savoury dishes that meet the design brief From these you will choose one to **develop** into your **final product**.

Unit2 – Baked Product Project

You will design a **baked product** that is suitable for sale in a bakery or coffee shop. It must contain a at least one **FairTrade** ingredient.

You will develop your understanding of: Guided daily amounts for a healthy diet, food provenance, micronutrients, costing, time planning, menu planning, advanced knife skills and the properties and functions of ingredients.

You will conduct **product trials** of a range of sweet and savoury baked products From these you will choose **two** to **develop** into your **final products**.

Unit3 – Investigation Practice Task

You will carry out a mini scientific **investigation** into the **functional and chemical properties** of fats in short crust pastry.

You will **analyse** the task and research the context.

From your **research** findings you will

propose a hypothesis

You will **conduct experiments** to test your hypothesis.

You will collect **photographic evidence** and **numerical data** from your tests.

You will **analyse your results** and conclude if your hypothesis was correct.

You will make **recommendations** on how you will apply your findings in future pastry making.

YEAR 11

SEPT 2020 - JUNE 2021 *Topics to be studied during the second year of the course.*

Non-exam assessment (NEA)

What's assessed

Task 1: Food investigation

Students' understanding of the working characteristics, functional and chemical properties of ingredients.

Practical investigations are a compulsory element of this NEA task.

How it is assessed

Written or electronic report (1,500–2,000 words) including photographic evidence of the practical investigation.

Non-exam assessment (NEA)

What's assessed

Task 2: Food preparation assessment

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 will 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.

How it is assessed

Written or electronic portfolio including photographic evidence. Photographic evidence of the three final dishes must be included.

Exam preparation and study skills timetable

