

GCSE Food Prep & Nutrition

The Food Preparation and Nutrition GCSE equips students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating.

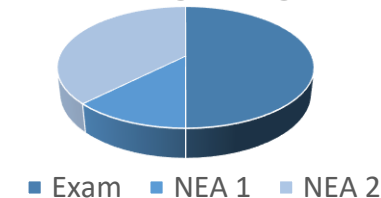
This is a very exciting new course for anyone wishing to learn about high level cookery skills, the effect of diet in our lives and for anyone wishing to progress into the catering industry.

What's new?

- Replaces the previous GCSE Hospitality & Catering course
- Contains a great deal of cooking practice; however much of it will be linked to nutrition and the needs of different groups within society



GCSE Assessment weighting



Component 1: 50% of GCSE

Written **Exam** :1 hour 45 minutes

- Content - Food commodities; Principles of nutrition; Diet and good health; The Science of food; Where food comes from; Cooking & food preparation

Component 2: 50% of GCSE

NEA 1: 8 hours Food Investigation Assessment

example task:

Shortcrust pastry should be crisp to the bite and crumbly in the mouth. It can be prepared using a range of different ingredients. Investigate the working characteristics and the functional and chemical properties where appropriate, of the different ingredients needed to achieve a perfect shortcrust pastry.

NEA 2: 12 hours Food Preparation Assessment

example task

A local restaurant is holding an international week. Research, prepare and cook 3 dishes that could be served on a themed menu to promote the cuisine of a specific country or region.