

---

# Food Preparation and Nutrition

AQA GCSE

---

## *Why study Food Preparation and Nutrition?*

This is an exciting and creative course which focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials. At its heart, this qualification focuses on nurturing students' practical cookery skills to give them a strong understanding of nutrition.



## What will I learn?

Food preparation skills are integrated into five core topics:

- Food, nutrition and health
- Food science
- Food safety
- Food choice
- Food provenance.

## How will I be assessed?

**Written Examination** (1 hour 45 minutes, 100 marks, 50% of the total GCSE)

**Non-Exam Assessment** (50% of the total GCSE)

Task 1: Food investigation (30 marks)

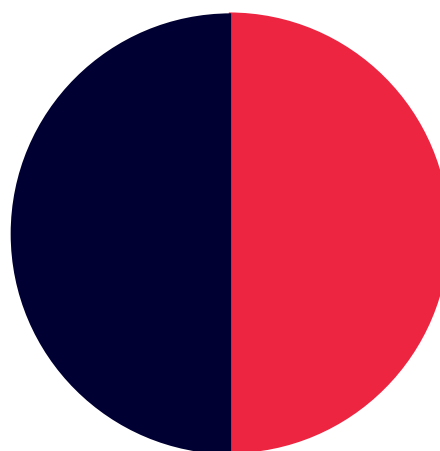
Pupils' understanding of the working characteristics, functional and chemical properties of ingredients.

Task 2: Food preparation assessment (70 marks)

Pupils' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task.

Pupils 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.

For task 1 and task 2 a written report (1,500–2,000 words) including photographic evidence of the practical investigation are required.



50% - Written Examination  
50% - Food Preparation Assessment

## What can I do after I've completed the course?

Upon completion of this course, students will be qualified to go on to further study, or embark on an apprenticeship or full time career in the catering or food industries.