



Food Preparation and Nutrition

Examination Board: Eduqas

Examination Code: C560P1

Outline of the Course

Topics studied in Year 10:

Each half term is divided into a specific Food Commodity and through that commodity food groups and functionality of ingredients are covered, as well as the following topics:

Principles of nutrition – Macronutrients and Micronutrients

Diet and good health – Energy value and planning

The science of food – Exploration of chemical effects

Where food comes from – Food provenance and manufacturing

Cooking and food preparation – Technique and recipe development

Topics studied in Year 11:

Two externally set Non-Examination tasks by Eduqas from a choice of 2 starting points.

What will you learn?

GCSE Food Preparation and Nutrition equips learners with the knowledge, understanding and skills required to apply the principles of food science, nutrition and healthy eating. This course enables students to develop knowledge and understanding of the functional properties and chemical characteristics of food, as well as a sound knowledge of the nutritional content of food and drinks.

Principles of Food Preparation and Nutrition

This course enables learners to make connections between theory and practice so that they are able to apply their understanding of food science and nutrition to a practical setting.

Food Preparation and Nutrition in Action

Students will develop a wide range of analytical, scientific and technical skills through two practical based non-examination assessments; investigating scientific principles of food along with planning, preparing and presenting their own menu.

How will I be assessed?

Component 1 - Principles of Food Preparation and Nutrition: Examination.

The examination will consist of two sections both containing compulsory questions and will assess the six key areas of content.

Section A: Questions based on stimulus material provided by the exam board.

Section B: Structured, short and extended response questions to assess content related to food preparation and nutrition.

Component 2 - Food Preparation and Nutrition in Action: Non-examination assessment; internally assessed, externally moderated.

Assessment 1: *The Food Investigation Assessment*

A scientific food investigation consisting of a written report that will explore the working characteristics and the chemical and functional properties of food. It will assess knowledge, skills and understanding in relation to scientific principles underlying the preparation and cooking of food.

Assessment 2: *The Food Preparation Assessment*

A project-based portfolio of evidence in which students prepare, cook and present a menu of their design. It will assess knowledge, skills and understanding in relation to the planning, preparation, cooking and presentation of food.

Mark Breakdown

Component 1: 100 marks (50%)

Component 2:

Non-examination assessment 1: 30 marks (15%) to include a 3 hour practical exam

Non-examination assessment 2: 70 marks (35%) to include a 3 hour practical exam.

Website links

https://www.eduqas.co.uk/qualifications/food-preparation-and-nutrition-gcse/#tab_keydocuments

Key Dates

Component 1: June of Year 11

Component 2: November to April of Y11

Further Information

Miss A. Khadem – Subject Teacher

a.khadem@stretfordgrammar.com

What can I do after I have completed the course?

GCSE Food Preparation and Nutrition provides students with an extensive range of skills, preparing them for a large range of different pathways from apprentices to higher education. Students who study Food Preparation and Nutrition have gone on to study subjects as diverse as health courses through to material sciences.