



Why is the study of Food Preparation and Nutrition important?

This fresh and exciting specification equips students with an array of culinary techniques, as well as knowledge of nutrition, food traditions and kitchen safety. It will inspire and motivate students, opening their eyes to a world of career opportunities and giving them the confidence to cook with ingredients from across the globe.

At its heart, this qualification focuses on nurturing students' practical cookery skills, building on the knowledge and skills learnt in year 7 and 8 to give them a strong understanding of nutrition and food science. You will always need to be able to feed yourself and others so why not understand the food science behind different processes so your food always turns out as you would like.

What skills will the study of Food Preparation and Nutrition teach you?

The ability to work in a kitchen environment; to design dishes and source ingredients; to prepare, cook and present dishes; and to evaluate your own work. To understand the science behind food and nutrition.

What will you know and understand from your study of Food Preparation and Nutrition?

Learning is through a combination of theory and practical lessons and will cover the following 5 topics.

1. Food safety
2. Nutrition and health
3. Food science
4. Food choice
5. Food provenance

Dishes cooked will include a wide range of main meal dishes, pastries, cakes, dishes for special diets, starters, desserts etc.

How can you deepen your understanding of Food Preparation and Nutrition?

Attend after school enrichment, help and cook at home. Visit restaurants and food outlets.

<https://app.senecalearning.com/classroom/course/d59d0e60-4fa8-11e8-bbba-738ab127bed6/section/3a2ecae0-5aac-11e8-8337-b1fe33357061/session>

<https://www.bbc.co.uk/bitesize/subjects/zdn9jhv>

Create your own pinterest, get inspiration and save recipes to try out - check ours out here

<https://id.pinterest.com/fpanoaa/boards/>

How are you assessed in Food Preparation and Nutrition?

There are several assessment points each year that we term Praising Stars®. We assess how students at their current stage of study are on track to reach their end of stage targets which are formulated on aspirational expectation from their KS2 starting points. We make an informed prediction from our holistic assessments based on our subject mapping of expectation across the Food Preparation and Nutrition curriculum.

Key Assessment Objectives

AO1: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation.

AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation.

AO3: Plan, prepare, cook and present dishes, combining appropriate techniques.

AO4: Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others.

Exam: 1 hour 45 minutes (50% of qualification). Section A: multiple choice questions on the 5 areas mentioned above (20 marks). Section B: five structured, short and extended response questions on the 5 areas mentioned above (80 marks).

Non-examination assessments x 2 (50% of qualification)

1. Food Investigation Assessment: 10hrs. Students will carry out a scientific food investigation which will assess knowledge, skills and understanding in relation to scientific principles of food. An electronic report of 1500 – 2000 words will be produced.
2. Food Preparation Assessment: 20 hrs. Students will research, plan, prepare, cook and present a final menu of three dishes within a single three hour period. An electronic portfolio of no more than 20 A4 pages will be produced.

Study of Food Preparation and Nutrition can lead to a wide range of careers:

Students can use this qualification as a natural progression to studying other food/catering/nutrition courses at college, university or an apprenticeship in careers in such as hospitality and catering, food management, food technologist, nutritionist, sports nutritionist, dietician, food stylist.

AQA Level 1/Level 2 GCSE (9-1) in Food Preparation and Nutrition Course Overview

Term	Year 1	Year 2
Autumn 1	Food Safety Nutrients Food Science	NEA1
Autumn 2	Nutrients Food Science	NEA 1
Spring 1	Food Safety Nutrients and food Choice Mini practise NEA 2	NEA 2
Spring 2	Mini practise NEA 1	NEA 2
Summer 1	Food Science Food Safety	Exam Revision
Summer 2	Food Choices Food Provenance	Exam Revision

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