

# GCSE Food Preparation and Nutrition

<b>Course Details</b>	<p>To equip learners with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating</p> <p>To encourage learners to cook and enable them to make informed decisions about food and nutrition in order to be able to feed themselves and others affordably and nutritiously, now and later in life</p>
<b>Exam Details</b>	Written assessment 1 hour 45 minutes - 50% of qualification at the end of year 11
<b>Other Assessment</b>	<p>Two Practical assessments - 50% qualification – beginning of year 11</p> <p>Food investigation assessment - this is a scientific food investigation - 8 hours</p> <p>Food preparation assessment - plan, prepare and cook a three course meal - 12 hours</p>
<b>Revision Guidance</b>	<p>CGP revision book,</p> <p>The text book Eduqas GCSE Food Preparation and nutrition – illuminate publishing or Hodder. Both also have revision books</p> <p>Topics covered: Food commodities, principles of nutrition, Diet and good health, the science of food, where food comes from and Cooking and food preparation.</p>
<b>Useful Websites</b>	<p><a href="http://www.nutrition.org.uk">www.nutrition.org.uk</a></p> <p><a href="http://www.bbcgoodfood.com/content/recipes">www.bbcgoodfood.com/content/recipes</a></p> <p><a href="http://www.eatwell.gov.uk">www.eatwell.gov.uk</a></p> <p><a href="http://www.foodfactoflife.org.uk">www.foodfactoflife.org.uk</a></p> <p><a href="http://www.5aday.nhs.uk">www.5aday.nhs.uk</a></p>
<b>What can I do?</b>	<p>Ensure your daughter has ingredients for practical lessons which are part of their research for their practical exam.</p> <p>She needs to be well organised for practical lessons and the practical exam, bringing in recipes, apron, time-plan and other notes.</p> <p>Practice dishes at home, so they feel confident when they go into their practical exam.</p> <p>To keep up with coursework, attendance is really important, as it is in controlled assessment time.</p>
<b>What does your daughter need to do to succeed in this subject?</b>	Complete coursework to deadlines and keep focused in controlled assessment time, so that you do not waste time and work to your best ability. Do plenty of independent research to get ideas for practical exam. Always practice dishes at home prior to practical exam. Research dishes using high level skills. Catch up on any missed lessons, so there are no gaps in your work.
<b>What does your daughter need to do to excel in this subject?</b>	Use high level cooking and presentation skills in the practical exam, so you can gain high marks. Be organised with class notes and homework and keep to deadlines with coursework. Keep class notes in a ring binder, so that you have them for revision.

## Frequently Asked Questions

### **What is the difference between Level 2 Hospitality and Catering and GCSE Food and Nutrition?**

Level 2 has a little more coursework, and this carries 60% of the mark. Level 2 is a vocational course, meaning that it is all about the world of work and working in the hospitality sector. The paper is worth 40% of the mark. It is graded Pass, Merit, Distinction.

GCSE is more about food and the science behind food e.g. How do cakes rise? Why did my meringue collapse? What happens to bread when we knead it? It has some coursework also, but the exam paper and coursework are 50% each of the total grade. It is graded 1-9

### **Do we do more cooking in Level 2?**

No it is about the same and students cook each week in Year 10, often cooking the same things. In Year 11 the GCSE students have two Non-exam Assessments to do, so Year 11 is busy with completing this, but both assessments involve some cooking

### **How do the practical exams differ for each course?**

For Level 2, students have to make two dishes in 2½ hours. They are given a scenario and have to prepare their dishes answering the scenario

GCSE students have to make three dishes with accompaniments in 3 hours. They are given a title to research first and create a menu.

### **What is the difference in the written paper?**

The GCSE written paper is 1 hour 45 minutes

The Level 2 written paper is 1 hour 30 minutes