Food Preparation and Nutrition GCSE KS4 Year 10

Course Aims: The GCSE in Food Preparation and Nutrition aims to equip students with the knowledge, understanding, and skills to cook and apply the principles of food science, nutrition, and healthy eating.

Exam Board: OCR
Specification:
234806-specification-accredited-gcse-food-preparation-and-nutrition-j309.pdf (ocr.org.uk)

Topics Covered:

The range of foods studied within the content of the OCR GCSE (9–1) Food Preparation and Nutrition will be based on the government's current advice on a healthy balanced diet.

There are four sections covering the content

- Section A: Nutrition
- Section B: Food (food provenance and food choice)
- Section C: Cooking and food preparation
- Section D: Skill requirements (preparation and cooking techniques).

Content from all these sections may be tested in the examination.

The course is largely taught around practical lessons. Students learn the scientific principles behind food and nutrition and various cooking techniques.

Food Preparation and Nutrition (100 marks) 1 hour 30 minutes written examination paper 50% of total GCSE.

Food Investigation Task (45 marks) Non-examined assessment (NEA) 15% of total GCSE.

Food Preparation Task (105 marks) Non-examined assessment (NEA) 35% of total GCSE.

Links to helpful web-based resources:

- OCR GCSE Food Preparation and Nutrition Paperback – 29 July 2016 by Val Fehners (Author)
- BBC Bitesize GCSE Home Economics: Food and Nutrition (CCEA) - BBC Bitesize
- CPG revision guides: GCSE Food Preparation & Nutrition - Complete Revision & Practice (with Online Edition): (CGP GCSE Food 9-1 Revision) Paperback – 8 Feb. 2017