Food Preparation and Nutrition GCSE KS4 Year 11

Course Aims: To encourage the learners to cook, make decisions on nutrition and feed themselves and others, affordably and nutritiously.

Exam Board: Eduqas
Specification:
https://www.eduqas.co.uk/qualifications/food-preparation-and-nutrition-gcse/#tab_overview

Topics Covered:

Food commodities, principles of nutrition, diet and good health, science of food, where food comes from, cooking and preparation

Knife skills, preparing fruit and vegetables, preparing, combining and shaping, safety with high risk foods, tenderising and marinating, weighing and measuring, using the hob, grill, and oven, making sauces, making dough.

How is the course assessed?

Component 1 Written Paper (50%)

Section A – Questions in context
Section B – Questions on content
1hr 45mins

Component 2 Non Examination Assessment
Assessment 1 – Not assessed for this cohort
Assessment 2 – Food Preparation

12 hours including 3 hour final practical, and 30 page project (50%)

Links to helpful web-based resources:

BBC Bitesize

Suggested reading/ revision guides

CPG: GCSE Food Preparation and Nutrition for WJEC Eduqas ISBN 978 1 78294 652 6
Illuminate Publishing: Eduqas GCSE Food Preparation and Nutrition Revision Guide by Jayne Hill ISBN 9781908682871