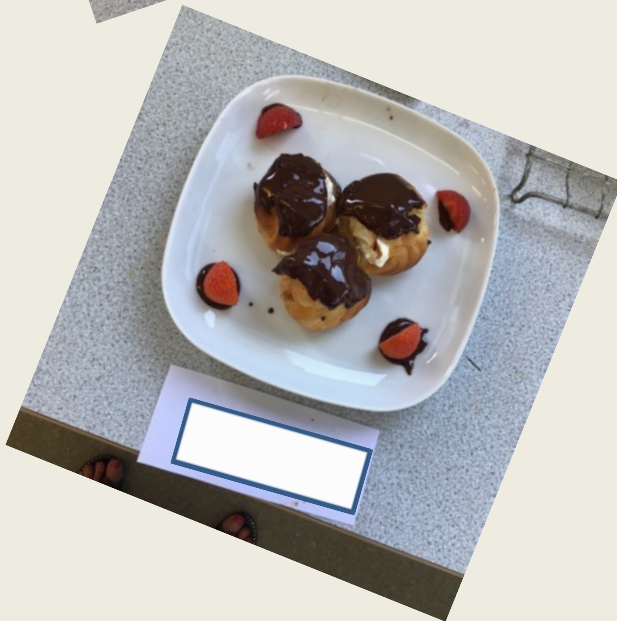
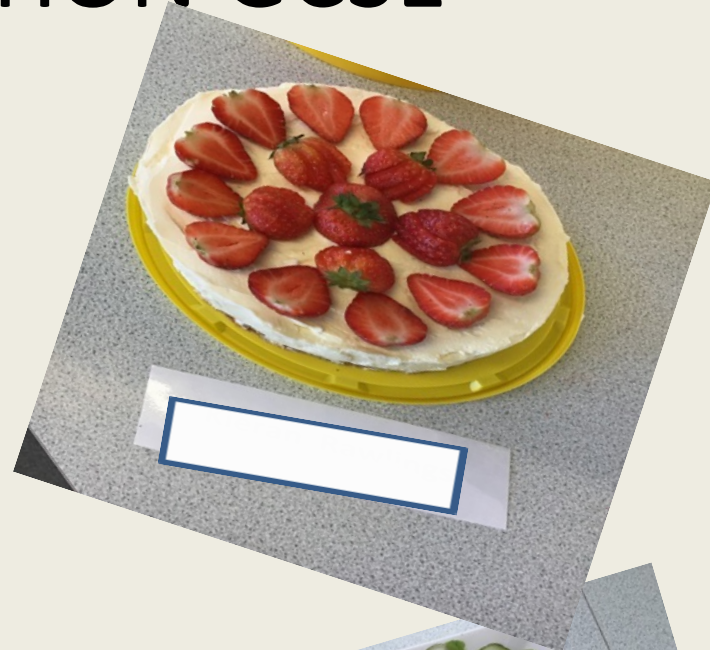


# AQA FOOD PREPARATION AND NUTRITION GCSE



# AQA FOOD PREPARATION AND NUTRITION GCSE



Presentation  
& Knife Skills



Healthy Eating and  
Nutrition



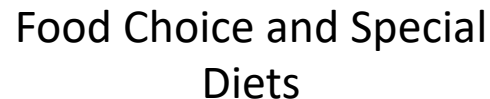
Pasta  
Making

## Why study Food Preparation and Nutrition?

Are you interested in healthy eating? Do you love cooking? This is the course for you. It is a creative and stimulating course for students of all abilities. The course focuses on developing practical cookery skills and new techniques. We also learn about nutrition and healthy eating which are essential for life. This qualification will lead to a wide array of jobs including Food Technologist, Chef, Food Buyer, Environmental Health officer, Nutritionist.




Filleting a  
fish



Food Choice and Special  
Diets

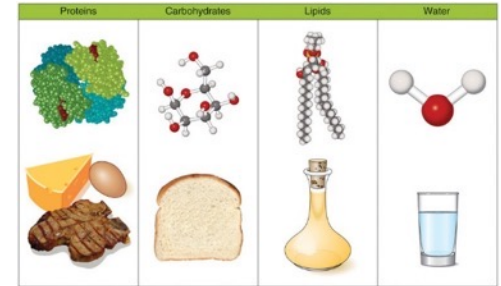


Jointing a  
chicken



Bread and  
Pastry  
making

# AQA FOOD PREPARATION AND NUTRITION GCSE



## What will I study?

- What food is made up of, why we need it and how it affects our long term health.
- How food can be prepared and cooked skilfully and safely to produce delicious and nutritious meals for different people and situations.
- What happens to ingredients in food when you prepare and cook them.
- Where food comes from and how it is produced and sold.
- How the food choices people make affect the health and well-being of the global environment and its natural resources.
- Which foods different cultures eat throughout the world.



# AQA FOOD PREPARATION AND NUTRITION GCSE

## **How will I study?**

The emphasis in Year 10 is on developing your practical skills and developing your understanding of nutrition and healthy eating. We make lots of dishes including Chicken Kiev, Mediterranean Quiche and Fish Pie We learn how to fillet fish and portion a whole Chicken, make pasta, enrobing, how to improve the presentation with garnishes and layered desserts.

## **How will my work be assessed?**

Your GCSE grade will be awarded as a result of completing two units of work:

- A written examination worth 50% of the total marks.
- Two Non-Examination Assessment (NEA) tasks; a 3 hour practical exam worth 35% of total marks) and a Food Science Investigation (15%).

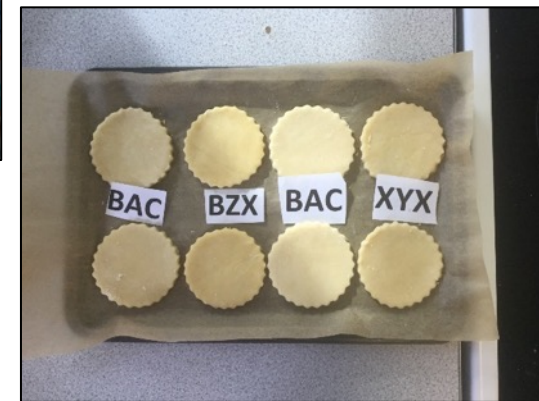
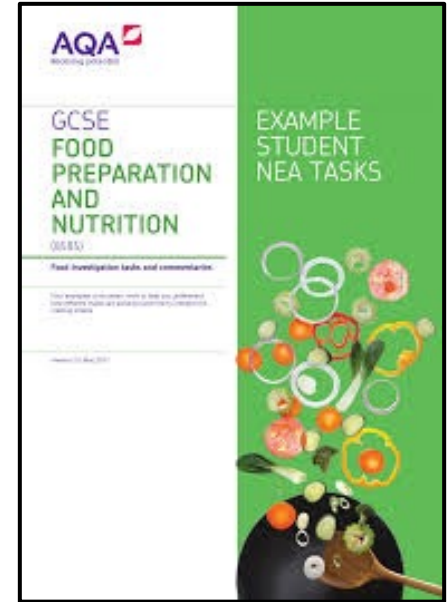


# AQA FOOD PREPARATION AND NUTRITION GCSE

## NEA 1

Food Science Investigation = 15% of GCSE

A written report investigating a range of food science issues.

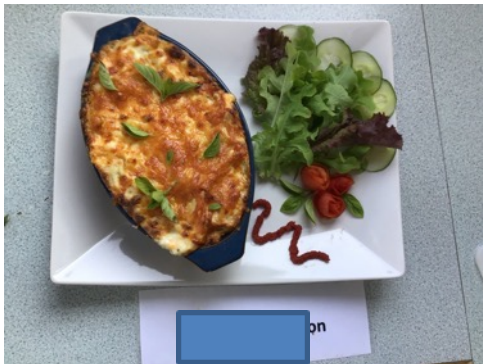
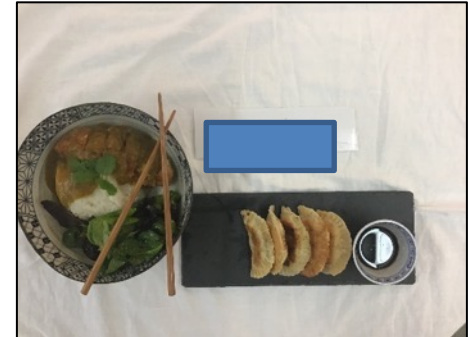
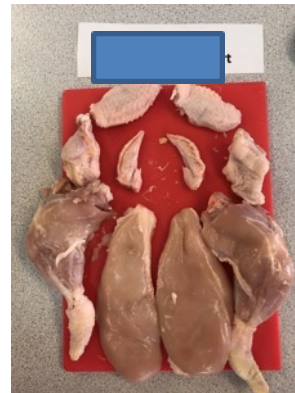
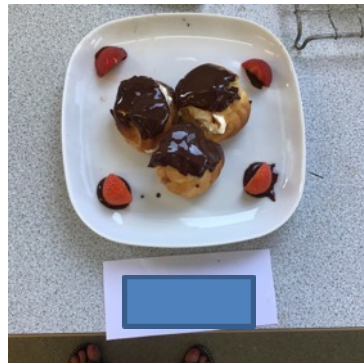
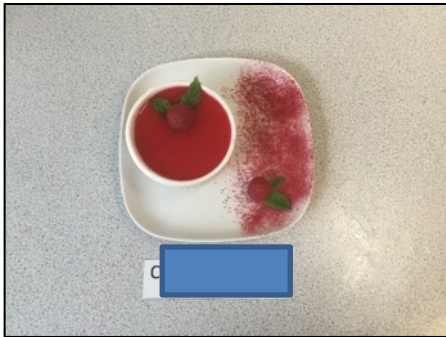


# AQA FOOD PREPARATION AND NUTRITION GCSE

## NEA2

### Food Preparation Task = 35% of GCSE

In this task pupils prepare, cook and present a menu of three dishes to meet the demands of a chosen task in a 3 hour period. Here are some examples:



# AQA FOOD PREPARATION AND NUTRITION GCSE

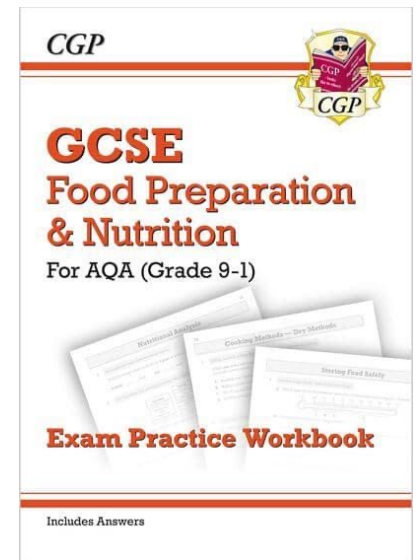
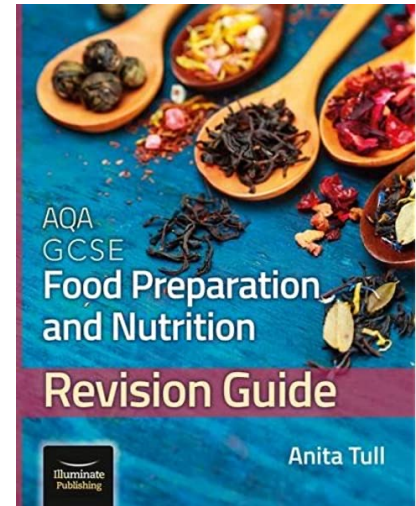
Written Paper = 50% of GCSE

Section A – Multiple choice questions (20%)

Section B – Longer mark questions  
(including one 12 mark question)

Paper is based on:

- Food Science
- Food Choice
- Nutrition
- Food Hygiene
- Preparation and cooking methods
- Food Provenance





# AQA FOOD PREPARATION AND NUTRITION GCSE

## FAQ :

*What subjects does it link well with?*

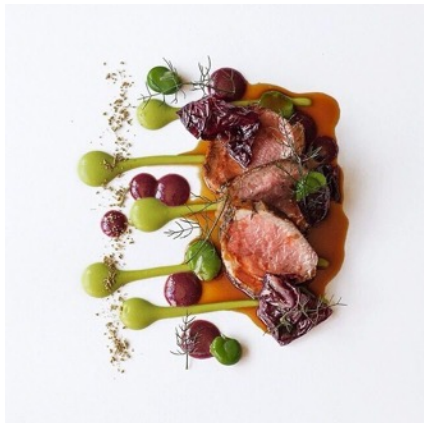
PE, Biology, Health and Social care & Religious Studies.

*What skills do I need to have to be successful?*

You need to enjoy cooking and have a passion for food.

*What other subjects can I take it with?*

Food Preparation and Nutrition can be taken with any other GCSE or BTEC combination.





# AQA FOOD PREPARATION AND NUTRITION GCSE

