

# GCSE Food Preparation and Nutrition

This new GCSE Food Preparation and Nutrition is an exciting and creative course which focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials. At its heart, this qualification focuses on nurturing students' practical cookery skills to give them a strong understanding of nutrition and preparing students for careers in the food industries or further studies.

[GCSE Food preparation and Nutrition 8585 | Specification | AQA](#)

## Exam Board:

**AQA**

## Course Outline:

### Course Overview

The AQA GCSE Food Preparation and Nutrition (specification code 8585) is designed to equip students with essential cooking skills and a thorough understanding of nutrients and food science. The course emphasises cookery skills and integrates theoretical knowledge and hands-on experience.

Key components of the 2 Years course include:

- **Practical Cooking Skills:** Students develop their cooking abilities through various preparation and making activities,
- ensuring they can apply theoretical knowledge in real-world scenarios.

### Theoretical knowledge covered in this course are integrated into five core topics:

1. Food, nutrition and health – looking at the nutritional value of food, helping students to understand the importance of healthy eating
2. Food science – looking at different cooking methods and the processes, happening during cooking
3. Food safety – looking at food spoilage and food contamination and principles of food safety
4. Food choice - looking at factors, affecting the food choice, food labelling and marketing
5. Food provenance - looking at food processing and production, environmental impact and sustainability of food.

In Year 10 students will be studying the theory and practical content of this Food preparation and Nutrition course through theoretical, research, practical and evaluation lessons.

In Year 11 students will be working on two non-exam assessments, set by the exam board. The NEA work will include research, cooking, analysis and evaluation during Autumn and Spring terms of the Year 11, producing an NEA on-line portfolio. Summer term of the Year 11 will be focused on the preparation for the theoretical exam.

## Method of assessment:

Component 1 - Written examination: 1 hour and 30 minutes - 50% of the qualification - 100 marks

Component 2 - Non-examined assessment - 50% of the qualification - 100 marks. First the students complete NEA 1 – practical investigation, worth 30 marks, after autumn half-term- NEA 2 – research, prepare and analyse a final menu of three dishes within three-hour period, worth 70 marks. The work will include a written report and a photographic evidence of their work. The task is internally assessed and externally moderated.

**Post 16 Progression:**

The study of Food Preparation and Nutrition at GCSE provides an excellent basis for going on to study the subject at AS and A level in the Sixth Form or progress onto further Level 3 qualification, such as Diploma in Advanced Professional Cookery (Preparation and Cooking), Certificate in Hospitality and Catering Principles, Professional Cookery Studies and many other professional courses. The subject also provides life long knowledge and understanding of Food Nutrition and practical cooking skills.

**Contact name/Email:**

Mrs. A. Gavartin [gavartin@hendonschool.co.uk](mailto:gavartin@hendonschool.co.uk)

Mrs. E. Yazdi [yazdye@hendonschool.co.uk](mailto:yazdye@hendonschool.co.uk)