

# **GCSE Food Preparation & Nutrition**

**Examination Board: Eduqas**

## **What is GCSE Food Preparation and Nutrition all about?**

GCSE specifications in food preparation and nutrition must equip students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. They should encourage students to cook and enable them to make informed decisions about a wide range of further learning opportunities and career pathways as well as develop vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life.

### **Course Structure:**

In studying food preparation and nutrition, you must:

- Demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment
- Develop knowledge and understanding of the functional properties and chemical processes as well as the nutritional content of food and drinks
- Understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health
- Understand the economic, environmental, ethical, and socio-cultural influences on food availability, production processes, and diet and health choices
- Demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food
- Understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international), to inspire new ideas or modify existing recipes

## **How will I be assessed?**

You'll be assessed through two main parts:

### **1. Non-Examination Assessment (NEA) – 50% of the final grade**

**NEA 1 (15%):** An investigation task researching, exploring and testing out the functional properties of ingredients. This is presented in a scientific report (2,000 word limit).

**NEA 2 (35%):** A task researching, planning, cooking and evaluating three dishes in line with a brief. The cooking element is completed in a 3 hour off-timetable session. The task is supported by a portfolio showing your research, planning, evaluations and displaying the photos of your dishes (around 25 pages).

### **2. Written Assessment (50% of the final grade)**

The other **50%** of your final mark will come from a written exam, where you'll apply all your food science, nutrition, and food preparation knowledge.

## **What could I do next with GCSE Food Preparation & Nutrition?**

Food & Nutrition provides lifelong skills, whether you pursue it as a career or not. After completing the GCSE, students can progress to a Level 2 or 3 BTEC in Hospitality and Catering, leading to apprenticeships, specialist training, or general work in the industry. Many also gain part-time jobs in local restaurants, building experience that can lead to full-time employment.