

Food Preparation and Nutrition
Examination Board: Eduqas

What is the course like?

The Eduqas GCSE in Food Preparation and Nutrition equips learners with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition, and healthy eating. It encourages learners to cook, enables them to make informed decisions about food and nutrition and allows them to acquire knowledge to be able to feed themselves and others affordably and nutritiously, now, and later in life.

What is studied during the course?

By studying Food Preparation and Nutrition learners will:

- Be able to demonstrate effective and safe cooking skills by planning, preparing, and cooking a variety of food commodities whilst using different cooking techniques and equipment.
- Develop knowledge and understanding of the functional properties and chemical characteristics of food as well as a sound knowledge of 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, 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 is the course assessed?

Component 1: Principles of Food Preparation and Nutrition

Written examination: 1 hour 45 minutes: 50% of qualification.

This component will consist of two sections both containing compulsory questions and will assess the six areas of content: food commodities, principles of nutrition, diet and good health, the science of food, where food comes from and cooking and food preparation.

Component 2: Food Preparation and Nutrition in Action.

Non-examination assessment: 50% of qualification internally assessed, externally moderated.

Assessment 1: The Food Investigation Assessment (8 hours)

A scientific food investigation which will assess the learner's knowledge, skills and understanding in relation to scientific principles underlying the preparation and cooking of food.

Assessment 2: The Food Preparation Assessment (12 hours)

Prepare, cook and present a menu which assesses the learner's knowledge, skills and understanding in relation to the planning, preparation, cooking and presentation of food. These assessments will be based on a choice of tasks released by Eduqas annually.

Additional Information:

You must be organised and well prepared for practical lessons each week.

For further information, please contact Mrs Penrose.