



# GCSE Food Preparation and Nutrition: **Where could it take you?**

Student guide

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[aqa.org.uk/foodprep](https://aqa.org.uk/foodprep)



# Why choose food preparation and nutrition?

The new GCSE focuses on practical cooking skills to ensure that students develop greater understanding of nutrition, food provenance and the working characteristics of food materials. At the heart of the qualification is a focus on developing practical cookery skills and a robust understanding of nutrition. The qualification brings together the most important elements of other food related courses under the umbrella of a brand new GCSE.

## What will I study?

The new Food Preparation and Nutrition GCSE will help you to develop a greater understanding of nutrition, food provenance and the working characteristics of food materials. You'll also learn about food from around the world, through the study of British and international culinary traditions as well as developing an understanding of where food comes from (food provenance) and the challenges surrounding food security. You'll master culinary skills and appreciate the science behind food and cooking. This is an exciting and creative course which will allow you to demonstrate your practical skills and make connections between theory and practice.



## How will I be assessed?

There will be one exam for this qualification, which will assess your knowledge of the theory behind food preparation and nutrition. The exam will be 1 hour 45 minutes long.

The second part of the assessment will be non-examination assessment and will consist of two tasks, involving practical work.

**Task 1:** Students will carry out an investigation into the scientific principles that underpin the preparation and cooking of food.

This task will provide you with an opportunity to demonstrate your knowledge and practically apply your understanding of the science behind cooking. You'll practically investigate ingredients and explain how they work and why.

**Task 2:** Students will plan, prepare, cook and present a 3 course menu.

This task will provide you with an opportunity to cook up a storm and showcase your creativity and cooking skills. You might make a street food menu, create delicious tapas dishes or cook up a menu for a student on a budget.

## Where will GCSE Food Preparation and Nutrition take you?

GCSE Food Preparation and Nutrition will equip you to go on to further study. After taking this course, you could embark on AS or A-level study, begin an apprenticeship or perhaps begin employment in the catering or food industries. You'll also have the knowledge and skills to feed yourself (and others) affordably and nutritiously for life.

"This course embraces and emphasises understanding of and enjoyment of different cuisines. There will be significant focus on developing high level cooking skills. Students will develop knowledge and understanding of the functional properties and chemical processes as well as the nutritional content of food and drink."

**Garry Littlewood, Principal Moderator, GCSE Food Technology**



## What skills will I learn?

This is a GCSE course with a strong practical focus. You'll master a variety of technical skills and become proficient in the kitchen. In addition, you'll develop an in-depth knowledge of food science, food safety, food choice, nutrition and health.

You'll also develop transferable skills such as:

- analysis
- evaluation
- communication skills
- working independently
- time management
- the ability to interpret information and data.

## How will it fit in with my other subjects?

The skills you develop through the study of food preparation and nutrition will support your study of a wide range of other subjects and can be studied in combination with any other GCSE course. In terms of subject knowledge, the nutrition and health may particularly complement the study of biology and physical education.

Food preparation and nutrition also helps you to learn how to work independently and manage your time – skills valued by both higher education institutions and employers alike.

## Can't wait to get started?

Your teacher and career adviser will be the best people to help you decide whether this course is the right choice for you. They'll be as passionate as you to find the best subjects to develop your talents.

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