

# GCSE Food Preparation & Nutrition

1.1 AQA



## LESSON 1 L.O TO UNDERSTAND THE COURSE AND WHAT IS INVOLVED.

- Exercise books given out. Name, group, teacher and target grade.
- Skills booklets
- Recipe sheets given out
- Expectations of the lessons and practicals.
- Understanding the course

# GCSE Food Preparation & Nutrition

You will be looking at the following:

- **food science,**
- build strong **practical cookery skills**
- a good understanding of **nutrition.**
- Throughout the teaching of Food Preparation and Nutrition, learners will also understand the huge challenges that we face globally to supply the world with **nutritious** and **safe food.**

# GCSE Food Preparation & Nutrition

## Assessment Overview

- **50%** of the marks are through assessment by written examination – ***1 hour 45 mins***
- **50%** of the marks are through two controlled assessments

# Nutrients

- The function
- The main sources
- Dietary reference values
- Malnutrition (over and under)
- For: protein,  
fats  
carbohydrates  
vitamins ABCD  
minerals - calcium, iron potassium & magnesium  
water and fibre

# Diet and good health

Energy requirements of :

individuals –toddlers, teenagers, early, middle and late adulthood

Coeliac disease, diabetes, dental decay, anaemia, obesity , heart disease, calcium deficiencies, nut allergies

Vegetarians, religion and diet – Muslim, Hindu and Jewish

Plan balanced meals for each of the above

# The science of food

Why food is cooked (digestion, taste, texture, appearance and to avoid food contamination)

Heat transfer conduction, convection and radiation

Different cooking methods

The positive use of microorganisms eg yogurt

Experimental work of the different properties of foods

Reasons why cooking goes wrong: eg a sponge cake sinks or sauce goes lumpy

Food spoilage and food poisoning

# Where food comes from

- Food origins,
- food miles
- packaging, - impact on the environment
- sustainability
- Food waste
- The effect of food poverty
- International cuisine
- Food manufacturing



# Cooking and food preparation

- Factors affecting food choice
- Preparation and cooking techniques
- Developing recipes
- Example of some dishes that you will cook:  
chicken, fish, pasta sauces, pasta with a pasta machine, mayonnaise, cakes, choux pastry (profiteroles), bread , quiche, pizza and soup

# GCSE Food Preparation & Nutrition Assessment – Coursework

The coursework is divided into two different pieces

- 15% - The Food Investigation Assessment
- 35% The Food Preparation Assessment

This will be started in Year 11

# GCSE Food Preparation & Nutrition Assessment – Coursework – Food Investigation

- The evidence required is:
  - 1) A report produced by the learner which explains the **findings of the learner's investigation** and how these have been applied to achieve the relevant result. We would expect the total length of such reports to be between **1,500 - 2,000 words**.
  - 2) Photographs and/or visual recordings which support the investigation.

# GCSE Food Preparation & Nutrition

## Assessment – Coursework – Food Investigation

Assessment 1: The Food Investigation Assessment (15%)

- (i) research and plan the task
- (ii) investigate the working characteristics, function and chemical properties of ingredients through practical experimentation and use the findings to achieve a particular result
- (iii) analyse and evaluate the task
- (iv) produce a report which evidences all of the above and includes photographs and/or visual recordings to support the

# GCSE Food Preparation & Nutrition Assessment – Coursework – Food Investigation



Equipment



Extra Egg

Cooking  
Temperature

Timing

Extra Sugar



# GCSE Food Preparation & Nutrition Assessment – Coursework – Food Preparation

- The evidence which will be admissible in the assessment is:
- To produce evidence which includes **photographs** and/ or visual recordings which **demonstrate** the learner's application of **technical skills** and the final outcome.
- 3 course meal

## Example of a brief from the exam board

**Task A:** A local restaurant is holding an international week. Research, prepare and cook 3 dishes that could be served on a themed menu to promote the cuisine of a specific country or region.

**Task B:** Celebrity chefs have been promoting the importance of a healthy diet for children. Research, prepare and cook three dishes that could be served on an open day menu to encourage new pupils to eat in the school canteen.

3 hour practical exam, will be off timetable for the day

# GCSE Food Preparation & Nutrition Assessment – Coursework – Food Preparation



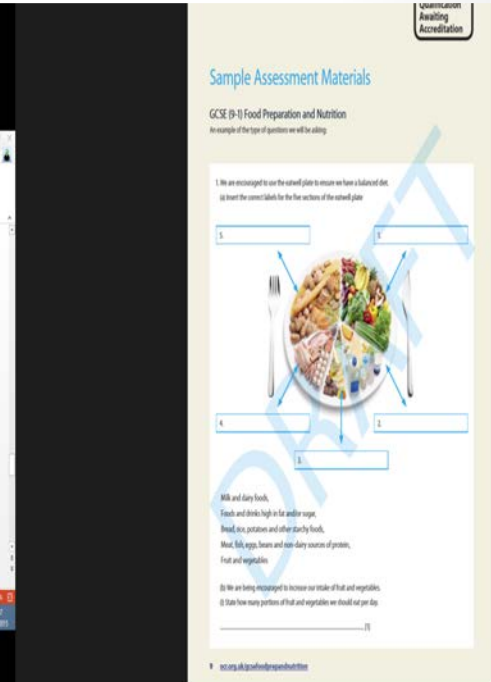
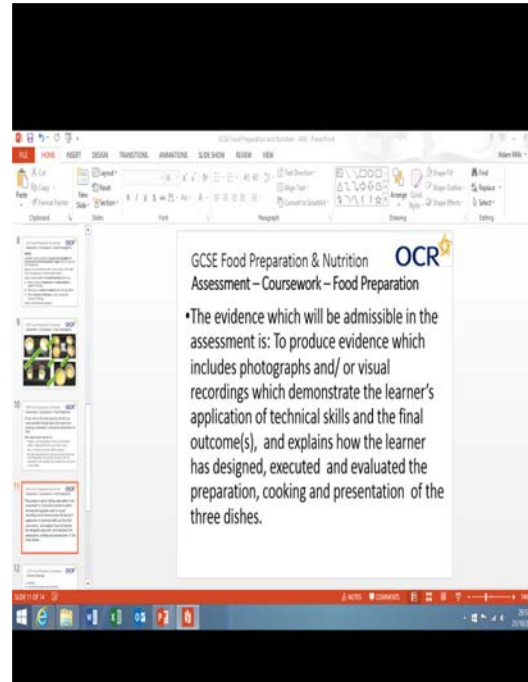


# GCSE Food Preparation & Nutrition Assessment – Coursework – Food Preparation



# GCSE Food Preparation & Nutrition Exam

- 1 hour 45 minutes
- At the end of Year 11
- Range of short response answers
- Some longer extended response questions



# GCSE Food Preparation & Nutrition

## What can I do next?

Teaching



Journalism



Sport Science



Social Work

Marketing

Consumerism

Product Development

Development

Food Science

Environmental Health



Catering



Nutrition

Dietetics

# GCSE Food Preparation & Nutrition

- Any questions?



# Next Lesson

## HOMEWORK

To bring in pictures of equipment that is used to measure ingredients.

2 pictures of any dishes (not bowls etc).