

FOOD PREPARATION AND NUTRITION (GCSE)

Examination Board

OCR

J309

Overview of the course

This examination involves a large element of practical work. However, it is important that the written work that backs this up is completed in order to achieve a good GCSE grade.

Course content

- Nutritional value of food commodities
- Food and nutrition issues that relate to nutrition, diet and health through every stage of life.
- Food provenance, food choice, supply & production.
- Cooking and food preparation, skills and techniques
- Food processing and production and advances in Food Technology
- Sensory analysis of foods
- The scientific principles underlying food preparation and cooking
- Food safety

How you will be assessed

Unit	Assessment	Percentage of overall result
Written Exam	There is one 90 minute exam paper that is related to work completed in Years 10 & 11. The questions vary from one word or short answer to more in depth questions, & there is one extended answer question.	50%
Non Examined Assessment Tasks	1 Food Investigation Task Worth 15% of final marks. Assesses the scientific principles underlying the preparation & cooking of food. Students will be given a set task in the Autumn Term of Year 11. They will have 10 hours to plan, research, carry out the investigation, analyse their results & evaluate their work. 1 Food Preparation Task Worth 35% of final marks. Students will need to plan, prepare & cook foods. Students will be given a set task in the Spring Term of Year 11. They will have 20 hours to plan & cook, then analyse & evaluate up to 3 practical products related to this task. The practical exam is a 3 hour exam that will enable students to demonstrate their practical skill.	50%

Results will be graded on a nine point scale: 1 to 9 – where 9 is the best grade.

All students will complete a nationally recognised Basic Food Hygiene Certificate, which is essential for anyone wanting to work within any aspect of the food industry.

Post 16 courses available

Successful completion of the course (grade 1-9) can lead to vocational or further study at local colleges.