

OCR GCSE Food Preparation & Nutrition



Why should I study GCSE Food Preparation and Nutrition?



You should opt for this course

- If you like to cook.
- If you are creative.
- If you have a passion for food and its wider impact on health and well-being.

Please note: Pupils will be asked for a voluntary contribution of £40 to cover costs of revision guides, workbook and ingredients across year 10. During year 11 there will be a requirement for some ingredients to be supplied by students in addition to this.

What will I study?



Pupils develop practical cookery skills and techniques as they explore the underlying principles of food science, nutrition, food traditions and food safety. Pupils are inspired to become inquisitive, creative and confident cooks.

Areas covered include nutrition and health, meal planning, food provenance and food choice, preparation and cooking techniques, food science, food safety, sensory properties, The relationship between diet and health and food commodities. Pupils are able to demonstrate skills and experiment through a wide range of practical tasks. Pupils are required to work independently and show high levels of organisation in both practical and theory lessons.

Students should be committed to achieving, enjoy being creative and have the drive to stretch their skills and produce excellent outcomes. Food Preparation and Nutrition GCSE will help pupils discover the essentials of the science behind cooking and bring learning to life

How will I be assessed?



Written exam: 1 hour 30 minutes (100 marks)

Task 1: Food investigation task (45 marks)

Written report evidencing students' understanding of the working characteristics, functional and chemical properties of ingredients

Task 2: Food preparation assessment (105 marks)

Portfolio evidencing students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task. Students will prepare, cook and present a final menu of three dishes within a single period of no more than three hours.

Which skills will I develop and use?



Pupils are taught to:

- Select and use ingredients and processes to produce quality products.
- Use equipment safely with regard to themselves and others.
- Work accurately and efficiently in terms of time, ingredients and equipment.
- Carry out Research.
- Plan and follow plans with a high level of accuracy.
- Carry out effective evaluation and product analysis.

How will I be able to use this subject in my future career?



GCSE Food Preparation & Nutrition provides a good basis for progression to A-level study, college or a wide range of careers in the catering and food science and manufacturing industries as well as providing essential life skills.

