



GCSE Food Preparation and Nutrition

Raising Achievement Presentation



ASHLYNS SCHOOL



Assessment:	Weighting:	Dates:
Task 1 – Food Investigation (30/100)	50%	September to October
Task 2 – Food Preparation Assessment (70/100)		November to March Year 11
Final written exam	50%	Summer Year 11
One tier of entry		





NEA TASK 1 and 2

NEA 1 - FOOD INVESTIGATION

- 10 HOURS including practical investigations (already completed)
- 10 PAGE SUPPORTING REPORT - this is where a lot of the marks are!

NEA 2 - FOOD PREPARATION

- 20 HOURS (INCLUDING A 3 HOUR PRACTICAL EXAM) -
- 20 PAGE SUPPORTING REPORT - this is where a lot of the marks are!





Section of NEA	Task	Max. Marks
Research	4 to 6 ideas of dishes suited to the exam board's context	6
Technical Skill	3 or 4 dishes cooked to practice the skills that might be used in the exam - plus written review of skills	18
Planning	Justifying the choice of dishes and time planning for the exam	8
Making the final dishes	Practical exam 3 dishes in 3 hours	30
Analyse and evaluate	Sensory and nutritional analysis, costings and suggesting improvements to the dishes	8
TOTAL		70





S1 - Weigh and Measure, Prepare ingredients and equipment, Select and adjust cooking times, Judge and modify sensory properties

S2 - Knife skills

S3 - Preparing fruit & vegetables

S4 - Use of the cooker

S5 - Use of equipment

S6 - Cooking methods

S7 - Prepare, combine & shape

S8 - Sauce making

S9 - Tenderise & marinate

S10 -Dough

S11 - Raising agents

S12 - Setting mixtures



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Paper 1: Food preparation and nutrition

Theoretical knowledge of food preparation and nutrition

- Written exam (50 % of GCSE):
 - 1 hour 45 minutes
 - 100 marks
- Questions
 - Multiple choice questions (20 marks)
 - Five questions, each with a number of sub questions (80 marks)





Question 9 is about understanding recipes.

Information about two soups is given below.

You should use this information when answering the question that follows.

Ingredients in quantity order		Nutrients per 200ml serving							
		Energy kcal	Protein g	Carbohydrates g	Unsaturated fat g	Saturated fat g	Dietary fibre g	Sugar g	Salt g
Soup A									
Leek, potato and bacon soup	leeks potatoes bacon onion stock cube double cream butter	541	14.4	58.0	29.5	15.3	8.8	3.43	2.46
Soup B									
Minted pea and potato soup	peas potatoes (skin left on) fresh vegetable stock mint sunflower oil	461	19.9	72.0	12.3	1.4	10.8	5.2	0.86



**9**

With reference to the ingredients and nutrient content of each of the soups, evaluate the suitability of these soups for people with Coronary Heart Disease (CHD).
Give justified reasons for your choice.

[8 marks]





Exam questions 'mix and match' - choose 2 alternative meals then look at how the exam board might frame the question!

Age groups	Diet related health issue	Activity level
2-5 years	Type 2 diabetes	Immobile
5-12 years	Heart conditions	Sedentary
Teens	Anaemia	Moderate
Adults	Bone conditions	Active
Elderly	Dental health	Very active - due to occupation or leisure pursuit





Revision resources

- Complete all sections of the NEA - all on Google Classroom (as _____ NEA2 Booklet _____)
- Do ½ an hour....
- All students have a red CGP revision book that has been used throughout the course
- Question cards used in class
- All students have access to Seneca which is great for learning the content - especially good for preparing for the multiple choice section
- Past papers and the question 'mix and match' is good preparation for the longer answer section
- Wallpaper (read, reduce, write - colour code - topics positioned on the wall)

