

# Eduqas GCSE Food Preparation & Nutrition key Stage 4 -Components

GCSE course: **Eduqas Food Preparation and Nutrition**

Assessment: **50% NEA in year 11, 50% written examination at the end of year 11**

	<p>This specification in food preparation and nutrition enables learners to make connections between theory and practice so that they are able to apply their understanding of food science and nutrition to practical cooking. This content relates to the study of both food and drinks.</p>	<p><i>Weighting and assessment</i></p>
<p>Component 1</p>	<p><b>Principles of Food Preparation and Nutrition</b>  Learners have the opportunity to develop their knowledge and understanding of the six areas of content listed below. They are given the opportunity to develop technical skills through practical and experimental work. This opportunity will allow learners to develop sound technical skills whilst exploring and consolidating knowledge and understanding relating to food preparation and nutrition.</p> <p><b>Areas of Content</b></p> <ol style="list-style-type: none"> <li>1. Food commodities</li> <li>2. Principles of nutrition</li> <li>3. Diet and good health</li> <li>4. The science of food</li> <li>5. Where food comes from</li> <li>6. Cooking and food preparation</li> </ol>	<p><b>Written examination:</b>  1 hour 45 minutes  50% of the qualification  100 marks</p>

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		<i>Weighting and assessment</i>
<b>Component 2</b>	<p><b>Food Preparation and Nutrition in Action</b> The non-examination assessment is composed of two assessments that are set by WJEC. Both assessments are completed in the academic year in which the learner is entered for the qualification. Learners will be able to select from a choice of two tasks for each assessment.</p> <p><b>Assessment 1: The Food Investigation Assessment</b> A Food Investigation will be set that will require each learner to:</p> <p><b>(i)</b> (a) Research and plan the task (b) Investigate the working characteristics, function and chemical properties of ingredients through practical experimentation and use the findings to achieve a particular result (c) Analyse and evaluate the task <b>(ii)</b> Produce a report which evidences all of the above and includes photographs and/or visual recordings to support the investigation</p>	<p>Non-examination assessment 50% of the qualification 100 marks</p> <p>15% of total qualification</p>

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		<i>Weighting and assessment</i>
Component 2	<p><b>Assessment 2: The Food Preparation Assessment</b>            This assessment is synoptic and assesses the application of knowledge and understanding in relation to selecting dishes and identifying cooking skills/techniques and the execution of practical skills.  <b>This assessment will require learners to:</b>            Plan, prepare, cook and present a selection of dishes, to meet particular requirements such as a dietary need, lifestyle choice or specific context.            Two options for this assessment will be set by WJEC Eduqas that will require the learners to:</p> <p><b>(i)</b> (a) Investigate and plan the task, select a final menu to be produced to showcase skills and produce a plan of action for the practical execution of the dishes (to include trialling and testing)            (b) Prepare, cook and present a menu of three dishes within a single session.            (c) Evaluate the selection, preparation, cooking and presentation of the three dishes  <b>(ii)</b> Produce a folio of evidence which includes documentation related to the selection of dishes, planning and evaluation and photographs and/or visual recordings which demonstrate the learner's application of technical skills and the final outcomes</p>	<p>Non-examination assessment            50% of the qualification            100 marks</p> <p>35% of total qualification</p>

## Eduqas GCSE Food Preparation & Nutrition: Key resources

The resources below will help your child to succeed in the topics they are studying at school. Some resources will be useful for revising key content, others might provide an exciting opportunity to extend knowledge with visits to exciting places in London or to challenge them.

<p><u>Books:</u> Delia Smith: Complete cookery course Leith's Cookery Bible Whole by Colin T Campbell</p>	<p><u>Websites:</u> <a href="https://www.foodafactoflife.org.uk/">https://www.foodafactoflife.org.uk/</a> <a href="https://www.bbc.co.uk/bitesize/subjects/zdn9jhw">https://www.bbc.co.uk/bitesize/subjects/zdn9jhw</a> <a href="https://www.grainchain.com/all-resources/science-baking-information-sheet">https://www.grainchain.com/all-resources/science-baking-information-sheet</a> <a href="https://www.grainchain.com/all-resources/gelatinisation-experiment">https://www.grainchain.com/all-resources/gelatinisation-experiment</a> <a href="http://www.planet-science.com/categories/experiments/biology/2011/09/make-your-own-yoghurt.aspx">http://www.planet-science.com/categories/experiments/biology/2011/09/make-your-own-yoghurt.aspx</a> <a href="https://www.bbcgoodfood.com">https://www.bbcgoodfood.com</a></p>
<p><u>Places to visit:</u> Borough Market Billingsgate Market Smithfield market The Bread station, Hackney Hackney City farm Surrey Docks Farm</p>	<p><u>Text books</u> Eduqas GCSE Food Preparation &amp; Nutrition: Student Book (Alison Clough-Halstead) Eduqas GCSE Food Preparation and Nutrition: Revision Guide (Jayne Hill) GCSE Food Preparation &amp; Nutrition - WJEC Eduqas Revision Guide (CGP) GCSE Food Preparation &amp; Nutrition - WJEC Eduqas Exam Practice Workbook (CGP) GCSE Food Preparation and Nutrition Grade 9-1 WJEC Eduqas Complete Practice and Revision (Collins) WJEC EDUQAS GCSE Food Preparation and Nutrition (Helen Buckland) My Revision Notes: WJEC Eduqas GCSE Food Preparation and Nutrition (Helen Buckland)</p>