

# Food and Nutrition

**Qualification:** GCSE Food and Nutrition

**Exam Board:** AQA

**Level of Achievement:** GCSE Grades 9 - 1

**For more information speak to:** Mr. Swain  
[jswain@firvale.com](mailto:jswain@firvale.com)

## What will I learn?

The AQA GCSE in Food Preparation and Nutrition is a dynamic course that emphasizes practical cooking skills, providing students with a comprehensive understanding of nutrition, food provenance, and the functional properties of food.

**Core Content:** The curriculum is structured around five primary areas:

1. **Food, Nutrition and Health:** Exploring the relationship between diet and well-being.
2. **Food Science:** Understanding the scientific principles behind food preparation and cooking.
3. **Food Safety:** Learning essential practices to ensure food is prepared, cooked, and stored safely.
4. **Food Choice:** Investigating factors influencing dietary choices, including cultural, ethical, and economic considerations.
5. **Food Provenance:** Studying the origins of food and the impact of food production on the environment.

## How will I be assessed?

**Written Examination:** A 1 hour 45-minute exam accounting for 50% of the GCSE. It assesses theoretical knowledge across all five areas and includes multiple-choice and structured questions.

**Non-Exam Assessment (NEA):** Comprising the remaining 50%, the NEA is divided into two tasks:

- **Task 1: Food Investigation:** Students conduct practical investigations to understand the working characteristics and functional properties of ingredients, culminating in a report (1,500–2,000 words).
- **Task 2: Food Preparation Assessment:** Students demonstrate their culinary skills by planning, preparing, and presenting a menu of three dishes within a three-hour session, accompanied by a portfolio documenting the process.

## Future opportunities

Upon completion, students are well-prepared for further studies or careers in the catering and food industries, or a qualification at level three, equipped with both practical skills and theoretical knowledge.