



## Food Preparation and Nutrition

AQA Food Preparation and Nutrition (Course Code: 8585)

### Description

Food Preparation and Nutrition is an exciting and creative course which focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food science, food safety, food choice, food provenance and the working characteristics of food materials. At its heart, this qualification focuses on nurturing students' practical cookery skills to give them a strong understanding of nutrition.

The range of food and ingredients studied reflect the recommended guidelines for a healthy diet based on the main food commodity groups, including; carbohydrates, fruits and vegetables, dairy, proteins and fats. Throughout the course, students are assessed on twelve key skill groups which have been integrated into schemes of work. Students will learn how and when these food preparation skills can be applied and combined to achieve specific outcomes. The choice of recipes to exemplify the skills will be teacher directed in year 9, moving to more student choice in year 10, to being independently student led in year 11. These skills include:

- General practical skills
- Knife skills
- Preparing fruits and vegetables
- Use of cooker
- Use of equipment
- Cooking methods
- Prepare, combine and shape
- Sauce making
- Tenderise and marinate
- Dough
- Raising agents
- Setting mixture

### Assessment Breakdown

Written Exam	Paper 1	Theoretical knowledge of food preparation and nutrition. 1 hour 45 minutes   100 marks  <ul style="list-style-type: none"> <li>• Multiple choice questions (20 marks)</li> <li>• Five questions each with a number of sub questions (80 marks)</li> </ul>	50%
Non-Exam Assessment (NEA)	Task 1	Food investigation   30 marks Students' understanding of the working characteristics, functional and chemical properties of ingredients.  Written or electronic report (1,500–2,000 words) including photographic evidence of the practical investigation	50 %
	Task 2	Food preparation assessment   70 marks Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task set by AQA. Students will prepare, cook and present a final menu of three dishes within a single period of no more than three hours, planning in advance how this will be achieved.  Written or electronic portfolio including photographic evidence. Photographic evidence of the three final dishes must be included.	



## Course Outline

Year	Michaelmas Term	Lent Term	Trinity Term
9	<p><b>Food Nutrition</b> Students will make a range of dishes with a focus on dietary needs, food safety and hygiene and seasonality of foods. Theory will also cover experiments of the science of food.</p> <p>Practical lessons will be set on learning basic cooking skills and using different pieces of equipment, to enable students to be comfortable in the kitchen and embed food safety and hygiene practices.</p>	<p><b>Food Preparation</b> Students will make a variety of dishes with a range of techniques and cooking methods. Theory will focus on cultural beliefs, fair trade, the environment, food miles, and will include food investigations. Practical lessons will develop different methods and processes. Recipes will demonstrate more range, working with different meats and fish and involve multi-tasking of cooking methods.</p>	<p><b>Food Preparation and Nutrition</b> Students will cook for a range of dietary needs and requirements. They will develop independence in cooking complex dishes. Practical lessons will become more demanding, with larger variety of ingredients, skills and processes being used. Students are expected to be independent in following recipes giving a solid foundation to choose and produce complex dishes in year 10.</p>
10	<p><b>Skills based Project – Food and nutrition</b> Students will be introduced to skills which will be the foundation for their course work project. Students will be following recipes that compliment theoretical knowledge covered. They will look at the function of ingredients in recipes, specifically when baking and use a wider range of culinary equipment.</p>	<p><b>Food Investigation – Bread and Pastry</b> Students will gain understanding of the course work component. They will design and make bread and pastry products which will lead to a written investigation. Students will complete a range of scientific experiments on both biological and chemical raising agents and use several types of gluten.</p>	<p><b>Food Preparation and Nutrition Assessment</b> Students will investigate and make products for a specific target market.</p> <p><b>Mock Exam Preparation- Theory exam</b></p>
11	<p><b>Course work 50% of GCSE</b> Students will work on the NEA tasks set by AQA.</p> <p>Task 1: A Food Investigation. This will cover the science of food in a practical way with a written report recording their findings.</p> <p>Task 2: Food Preparation. Students will design and make a 3-course meal for a specific target market. They will produce a portfolio documenting their research, skill trials, selection of 3 dishes which will be cooked in examination conditions, planning and evaluation.</p>	<p><b>Theory and Exam Preparation</b> Students revise the syllabus topics required for their GCSE exam worth 50% of their total grade. Students will work from past papers and cover all theoretical content covered so far. Theory lessons will contain short quizzes to re-cap on prior knowledge and conclude with a walking, talking mock.</p>	<p><b>Study Leave</b></p> <p><b>GCSE Exams</b></p>

## Additional Information

Students will be given ingredients for their practical lessons during year 9 as they learn the basic foundations of preparation and cooking of a range of ingredients and culinary skills as a class. In year 10, students will be expected to bring more of their own ingredients as they work on more complex dishes that differ between students. In year 11 students should provide all their own ingredients.