

Achieving Success – Subject Specific Tips

Subject	Food Preparation and Nutrition	Exam Board	Eduquas
Class and Homework Expectations			
Students should bring the following items to lessons: Stationery Exercise book Homework Ingredients and containers			
Scheme of work			
Year 10 • Principles of nutrition • Diet and good health • Fruit and vegetables • The science of cooking food • Food spoilage • Cereals • Food provenance and food waste • Milk cheese and yogurt • Cultures and cuisines • Meat, poultry, fish and eggs • Alternative proteins • Fats and sugars • Technological developments • Factors affecting food choice		Year 11 • Assessment 1: • All externally set • NEA 1- Food investigation assessment- 15% final GCSE grade. 8 hours recommended time. 1500-2000 words. September to end October half term • NEA 2- Food preparation assessment- 12 hours recommended time with a 3 hour practical cooking task included– 35% final GCSE grade. November to the beginning of March. 30 sides of A4 pages. • Revision of year 10 theory • GCSE written paper in June- 50% final grade	
Assessment objectives			
AO1 Demonstrate knowledge and understanding of nutrition, food, cooking and preparation	AO2 Apply knowledge and understanding of nutrition, food, cooking and preparation	AO3 Plan, prepare, cook and present dishes, combining appropriate techniques	AO4 Analyse and evaluate different aspects of nutrition, food, cooking and preparation, including food made by themselves and others
Assessment			
Component 1: Written examination paper. 1 hour 45 minutes sat in June in year 11. The paper is mainly short answer and extended writing questions. 100 marks			
Component 2: • NEA 1 – 30 marks Food investigation assessment - 15% final GCSE grade. 8 hours recommended time. 1500-2000 words. September to end October half term • NEA 2- 70 marks- Food preparation assessment - 35% final GCSE grade.12 hours recommended time with a 3 hour practical cooking task included. 30 sides of A4 pages. November to the beginning of March.			
Internally marked and externally moderated			
How to do well in the subject at GCSE			
• Attend all lessons and complete homework on TEAMS			

- Keep up to date with any work missed and check TEAMS for ingredients lists
- Respond to feedback and practice tasks at home
- Organise yourself and ensure you bring ingredients to every practical
- Practice past papers/extended writing questions
- Meet deadlines in NEA tasks

Support Available

- Revision classes will be scheduled in the run up to the final exams
- Revision guides available to students
- Interventions in Year 11 for NEA catch up

How parents could help support

- Please check with your son/ daughter to ensure ingredients are brought in
- Check homework is submitted
- Encourage them to cook at home and to help shop for and organise their own ingredients before a practical lesson
- Evaluate the food they make and offer constructive criticism
- Help them by checking their understanding prior to test/mocks etc
- Talk to them about any relevant stories in the news about food

Helpful websites or resources

[GCSE Food Preparation and Nutrition | Eduqas](#)

[BBC Good Food | Recipes and cooking tips - BBC Good Food](#)

[Home - British Nutrition Foundation](#)

[Safer food, better business teaching resources for colleges | Food Standards Agency](#)

[Free Homework & Revision for A Level, GCSE, KS3 & KS2 \(senecalearning.com\)](#)