

OCR Food Preparation & Nutrition

Food Preparation and Nutrition is a practically based and creative GCSE Food course. The focus is on mastering practical skills along with the development of a thorough understanding of nutrition, food science and factors affecting food choice.

The course is delivered with a “hands on” approach, blending practical with theory, ideally suited to those who enjoy an active style of learning. The course also develops a variety of transferable skills including analysis, planning and time management.

You will study

Theory and practical elements build on knowledge and skills acquired in previous years.

1. Food, nutrition and health.
2. Cooking skills, preparation and food science
3. Food safety and hygiene
4. Food provenance and food choice

Practical Skills Requirement

Practical skills are developed throughout the course, based on the abilities of individuals. A positive attitude to reflection and improvement is encouraged.

Assessment overview

Examination = 50% GCSE

Coursework = 50% GCSE

Two pieces of coursework are completed and assessed in Year 11, under controlled conditions.

Food PRACTICAL Task 35% 20 hours

You will be required to research, plan and prepare dishes to fulfill a given brief. Once planned, you will make and present the dishes in a three hour practical exam. Finally, you will photograph and evaluate your results. Findings will be presented in a succinct document including research, a time plan, nutritional and sensory analysis and a final evaluation.

Previous topics included multicultural celebrations and adaption of take away dishes.

Food Science Investigation 15% 10 hours

An independently planned and completed practical investigation into the scientific properties of a given ingredient. You will plan and complete practical experimentation, record results, take photographs and complete sensory analysis. Evidence will be presented in a concise report.

