

**Subject:** Food and Nutrition

**Qualification:** GCSE

**Exam Board:** OCR

### **What will I study?**

Food Preparation and Nutrition aims to equip you with the knowledge, understanding and skills required to cook, whilst also applying the principles of food science, nutrition and healthy eating. You will explore the underlying principles of food science, nutrition, food traditions and food safety through theory lessons which account for 50% of the course alongside developing practical cookery skills and techniques.

### **How is this course assessed?**

#### **Assessment overview**

Food Preparation and Nutrition Written Exam 1 hour 30 minutes (50% of GCSE)

Food Investigation task NEA 1 (15% of GCSE)

Food Preparation task NEA 2 (35% of GCSE)

#### **Content overview**

All content is covered in all components. There are four sections.

##### **Section A: Nutrition**

- The relationship between diet and health
- Nutritional and dietary needs of different groups of people
- Nutritional needs when selecting recipes for different groups of people
- Energy balance
- Protein
- Fat
- Carbohydrate
- Vitamins
- Minerals
- Water
- Nutritional content of the main commodity groups

##### **Section B: Food (food provenance and food choice)**

- Food provenance: source and supply
- Food processing and production
- Food security
- Technological developments to support better health and food production
- Development of culinary traditions (students study British cuisine and a minimum of two international cuisines)
- Factors influencing food choice

##### **Section C: Cooking and food preparation**

- Food science
- Sensory properties
- Food safety

##### **Section D: Skills requirements (preparation and cooking techniques)**

- Knife skills
- Preparation and techniques
- Cooking methods
- Sauces
- Set a mixture
- Raising agents
- Dough
- Judge and manipulate sensory properties

### **What can this qualification lead to?**

This qualification could form part of a career path leading to further technical or academic food and nutrition related qualifications including within the food industry, catering, food retail, dietician or food scientist.

#### **Further Information**

Additional information about the course at [www.ocr.com](http://www.ocr.com)

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