



GCSE FOOD PREP & NUTRITION

Paper 1 50% Exam	Principles of Food and Nutrition <ul style="list-style-type: none">• Food commodities• Principles of nutrition• Diet and good health• The science of food• Where food comes from• Cooking and food preparation
Paper 2 50% NEA	Food Preparation and Nutrition in Action Assessment 1: The Food Investigation Assessment Assessment 2: The Food Preparation Assessment
Exam Board	WJEC/eduqas GCSE Food Preparation And Nutrition



Useful Links/Resources

Revision guide: (Available from the Academy revision shop)

Collins Food preparation and Nutrition WJEC/eduqas Revision Guide

senecalearning.com

<https://senecalearning.com/en-GB/>

Love Food, Love Science

<https://www.ifst.org/lovefoodlovescience>

Food a Fact of Life

<https://www.foodafactoflife.org.uk>

We offer a range of support sessions after school. Please do not hesitate to contact the class teacher if you need help in directing students to support.

Useful Information

The five main nutrients

Carbohydrates – simple (sugars), complex (starches), fibre
Needed for energy apart from fibre which aids digestion

Protein – High biological value (all 9 essential amino acids, meat, fish, eggs), Low biological value (some of the 9 essential amino acids, nuts, beans, lentils)
Needed for growth and repair of cells.

Fats – Saturated (can raise bad cholesterol, animal fats such as butter) Unsaturated (can lower bad cholesterol, plant fats such as olive oil)
Needed for temperature regulation, to help us absorb vitamins A,D,E,K, to keep our internal organs protected and to provide us with energy.

Vitamins – A, D,E,K (Fat soluble) C and B group (water soluble)
Needed for general health and development (skin health, eyesight, immune system, cancer prevention)

Minerals – some examples – Iron, needed to create red blood cells to carry oxygen around the body, Sodium, needed to keep our body hydrated, Calcium, needed for strong bones and teeth.



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Year 10

Term 1

Introduction to nutrition, eat well guide, fruit and vegetables. (provenance, food science, linked skills/recipes).

(Protein) meat, fish, eggs, fish and alternatives (Provenance, food science, linked skills/recipes)

Term 2

(Fats) Butter, oil ,margarine, milk, cheese and yoghurt. (provenance, food science and linked skills/ recipes)

(Carbohydrates) Cereals, rice, sugar (Provenance, food science, linked skills/recipes)

Term 3

Factors affecting food choice (religion, ethics, sustainability, environmental impact, allergies, medical issues, special diets, life stages)
Methods of Cooking (convection, radiation, conduction, moist, dry and frying methods)
Mock exam and NEA 2 preparation.

Year 11

Term 1

Completion of NEA 1
NEA 2 Practical exam and written work

Term 2

NEA 2 completion
Exam preparation

Term 3

Exam preparation

