AQA FOOD PREPARATION AND NUTRITION

KING JAMES'S SCHOOL

KNARESBOROUGH

CONTENT

AQA GCSE Food Preparation & Nutrition (8585),
You will study five theory units and complete two Non-Exam Assessments (NEAs)

1. Food, Nutrition and Health

2. Food Science

4. Food Choice

5. Food Provenance

These five areas are examined in the 1 hour 45 minute written exam (100 marks, 50% of the GCSE).

NEA 1 – Food Investigation Task (15% of GCSE)
30 marks
Written investigation
Investigates the scientific working characteristics and functional properties of ingredients
Includes practical investigations and photographic evidence

NEA 2 – Food Preparation Assessment (35% of GCSE)
70 marks
Portfolio plus practical assessment
Students research, plan, prepare, cook and evaluate a menu
Final practical exam is completed in one session of up to 3 hours
Students produce three dishes that demonstrate a wide range of technical skills and meet the needs of the chosen task

SKILLS

Knife skills

Food hygiene and safety

Food preparation

Time management

Organisation and planning

Recipe interpretation and following instructions

Ingredient measuring and portion control

Practical cooking techniques

Healthy meal planning and nutrition

Recipe adaptation for dietary needs

Food presentation and finishing techniques

Investigating food science

Analysing and evaluating food products

Understanding food provenance

Sustainability

Technical food terminology

Research and report writing (NEA tasks)

Design and produce high-quality dishes

Recipes

Thai Green Curry
Toffee Apple Muffins
Caramelised Onion and Goats Cheese Swirls
Pasta shapes and Sauce Development
Christmas Cookies
Lasagne

Fish Goujons and Home-made Mayo
Easter Nests
Baked Cheesecake
Butter, Brioche rolls and Smash Burger
Eton Mess

Chocolate Souffle
Palmiers
Shortcrust Pastry
Vegetable Tart
Chicken Korma
Hot Cross Buns
Loaded Fries

Key Vocabulary

Nutrients
LBV & HBV
Emulsification
Aeration

Enzymes
Gelatinisation
Caramelisation
Coagulation

Dextrinisation
Denaturation
Shortening
Pasteurisation