

# Food Preparation & Nutrition

The OCR GCSE in Food Preparation and Nutrition equips learners with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating.

It encourages learners to cook, enables them to make informed decisions about food and nutrition and allows them to acquire knowledge in order to be able to feed themselves and others affordably and nutritiously, now and later in life.



**Qualification:** GCSE  
**Examination Board:** OCR  
**Specification Code:** J309

## Topics Covered

The specification for Food Preparation and Nutrition enables you to make connections between theory and practice so that you are able to apply your understanding of food science and nutrition to practical cooking. This content relates to the study of both food and drinks.

## Assessment

In Year 11 you will carry out a food investigation assessment. This assessment is a scientific food investigation which will assess your knowledge, skills and understanding in relation to scientific principles underlying the preparation and cooking of food. (15% of final GCSE grade)

In Year 11, in the food preparation assessment you will prepare, cook and present a menu to assesses your knowledge, skills and understanding in relation to the planning, preparation, cooking and presentation of food. (35% of your final GCSE grade)

The final 50% of your grade is in the form of a 2 hour written exam which you will sit at the end of Year 11.

## Course Progression

Studying a Food GCSE at 9 - 4 will allow you to progress to a level 3 course such as food science and nutrition here in Swanshurst Sixth Form (subject to sufficient pupil participation).

Achievement at grade 3 - 1 will support your progression onto a level 2 course such as a VCERT or BTEC.

## Career Opportunities

There are many careers related to Food. This can lead to a number of different paths including: food designer, caterer, chef, teacher, nursery nurse, nursing, hospitality manager or even a manager of your own food business.

Further studies of food sciences can lead to many careers such as a nutritionist and food technologist .