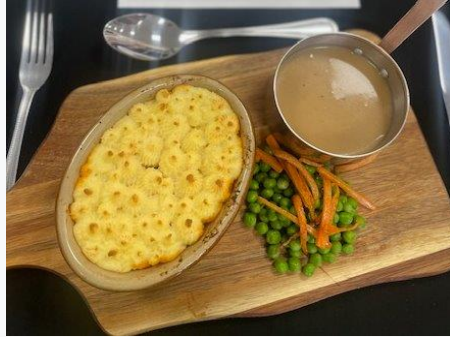


# OCR GCSE Food Preparation and Nutrition



Mrs Knight  
Subject Leader Food Technology

# Why GCSE Food Preparation and Nutrition

- Develop safe cooking skills through planning, preparation, and the use of various techniques and equipment.
- Gain an understanding of food's properties, chemical processes, and nutritional content.
- Explore the connection between diet, nutrition, and health, including the effects of poor dietary choices.
- Build knowledge in food safety.
- Encourage the exploration of ingredients and culinary techniques from British and international cuisines to foster creativity and recipe development.



## GCSE Food Preparation and Nutrition: Course Content



**50%**  
**Written exam**



**15% -**  
**Food Investigation**  
**NEA 1**



**35% -**  
**Food Preparation**  
**NEA 2**

# GCSE Food Preparation and Nutrition

## Written exam



### Written Exam: (50%)

#### What's assessed

Theoretical knowledge of food preparation and nutrition from subject content.

#### How it's assessed

Written exam: 1 hour  
30 minutes  
100 marks  
50% of GCSE

8

(4)\* Healthy eating is not only about choosing food wisely but also about how we cook our food. Discuss how different cooking methods can help to support healthy eating.

[8]

6 Micronutrients are essential in the diet. Complete the table below by identifying a good food source and the result of deficiency for each micronutrient.

Micronutrient	Good food source	Result of deficiency
Calcium		
Iron		
Vitamin C		

[6]

### Example exam questions

5 We are advised to eat a healthy diet to avoid diet related health issues. 7

(a) Describe the dietary advice you would give to a person who is obese.

[3]

(b) Name one diet related health issue other than obesity.

[1]

(c) (i) Explain why water is needed in the body.

[3]

(ii) State two foods that have a high water content.

1

2

[2]

# GCSE Food Preparation and Nutrition

## NEA (non-examined assessment)



### NEA 1 - Food Investigation Task

#### Areas of content:

- 15% of total GCSE.
- Written reports to be between 1500 and 2000 words.
- Carry out your own science experiment to respond to the task.
- Photographs and/or visual recordings that support the investigation.



### Example of NEA 1

NEA 1: Food investigation

GCSE: Food and nutrition

NEA 1: Investigate, research, and evaluate the working characteristics, functional and chemical properties of air as a raising agent. Air is used as a raising agent in some dishes. Explore and scientifically investigate the changes that occur when air is used in mixtures as a raising agent.

#### Task Analysis

Before I do this experiment, I need to know how each raising agent works, by researching them and finding out different recipes that I should use to help me understand how air is used as a raising agent.

#### Aim

My aim is to investigate and understand this by making a few recipes to explore and use air as a raising agent. I am going to look at air as a mechanical raising agent. For example, I am going to be making meringues.

#### Research and Prior Knowledge

A raising agent is something used to give texture to a particular recipe as well as give it lightness. It becomes light because of the theory of gas, which is where the recipe expands when heated. The raising agent I am experimenting on is air which is a mechanical raising agent. A mechanical raising agent is created when you whisk, sieve, cream, beat, roll, fold, rub in a recipe. This causes air to be added to the food. This process is known as aeration where air is added to food mechanically. It causes air to be trapped in the food. There are many recipes that use air as a mechanical raising agent like making pastry. For example, when folding to make the pastry air is added. It causes the pastry to expand because when the pastry is put in the oven and heated it expands.

#### What is convection?

Convection is where heat is transferred into energy, as air is heated the molecules become energetic and rise. As a result of this, it causes the air to get trapped which gives the food it is lightness.



# GCSE Food Preparation and Nutrition



## NEA (non-examined assessment)

### Example of NEA 2

#### NEA 2:

#### Food Preparation Task

#### Areas of content:

- 35% of total GCSE.
- Students will prepare, cook and present a final menu of three dishes within three hours, planning in advance how this will be achieved.

Starter: Mini quiches	Main: Cottage pie	Dessert: Lemon Mousse
Culture- French	Culture- Britain and France	Culture- France
Key ingredients- pastry crust filled with savoury custard and pieces of cheese, meat and vegetables. Skills- making dough	Key ingredients- minced beef and mash potato and baked Skills- make mash potato and pipe on top and make filling for the top	Key ingredients- double cream, lemon zest, lemon curd, shortbread biscuits Skills- make biscuits
Eggs- the right ratio of milk and egg allows the protein in the eggs to coagulate and set up a firm structure for the quiche	Eggs- the egg yolks are emulsifiers and combines two different elements together	Eggs- the eggs enrich and thicken the curd



Ellie Keeling: NEA2			
Candidate Number: 8722		Centre Number: 20760	
Time	Task	Special Points	Health and Safety points
Before 9:00	Mise en place: - Wash hands. - Tie hair up. - Remove Jewellery. - Weigh out ingredients.	- Ensure all ingredients are weighed accurately for the best possible results.	- Prevents food poisoning if hands aren't washed. - Prevents hair from entering the dishes. - Prevents bacteria from entering dishes and jewellery itself from entering dishes.
9:00	- Make Semifreddo: I have decided to make the semifreddo first for it to freeze in the time we are given.	- Get the semifreddo in the freezer as fast as possible for it to have time to freeze.	- Leave high risk foods in fridge until needed.
09:15	- Turn on oven to 150° - Make pastry and put into tin.	- Make sure you don't overwork the pastry. - Make sure that the ingredients are correctly weighed.	- Make sure hands and workstation are clean before handling pastry.
09:25	- Put pastry in oven. - Make garlic butter and put into freezer. - Cut up banana for banoffee pie and sprinkle lemon juice	- Make sure oven is at the correct temperature-150° - Lemon juice on banana to prevent enzymatic browning. - Make sure garlic is properly crushed, and without skin.	- Claw method when cutting banana to prevent injury. - Cut banana on green chopping board.
09:35	- Portion chicken then put into fridge. - Once pastry is out of the oven make the caramel and pour onto pastry, add banana then put in fridge.	- Portioning chicken- high skill. - Caramelisation. - Cut chicken close to the bone- to prevent food waste.	- Red chopping board when portioning chicken to prevent cross-contamination. - Portioned chicken in fridge to prevent salmonella. - Banana- wash knife and use green chopping board to prevent cross-contamination.

