

How to get a 7+

in Food Preparation and Nutrition



Content Overview

This content should be covered throughout all three components.

Section A
Nutrition

Section B
Food: food provenance and food choice

Section C
Cooking and food preparation

Section D
Skills requirements: preparation and cooking techniques

Assessment Overview

Food Preparation and Nutrition (01)* 100 marks** 1 hour 30 minutes written examination paper	**50%** of total GCSE
Food Investigation Task (02 or 03)* 45 marks Non-examined assessment (NEA)	**15%** of total GCSE
Food Preparation Task (04 or 05)* 105 marks Non-examined assessment (NEA)	**35%** of total GCSE

Food Investigation Task (15%)

- 45 marks
- Non-examined assessment (this means I mark it!)
- Released 1 September
- September until October half term
- 1500-200 words
- 10 hours

What not to do (from last year's moderators report)

The biggest mistake students make is treating this as cooking.

- Produced recipes rather than investigations
- Had no scientific focus
- Failed to explain chemical and functional properties
- Did not have a clear plan to follow

What to do (from last year's moderators report)

- Write a clear aim
- Create a genuine hypothesis
- Explain their science before investigating
- Use a control recipe
- Complete three meaningful investigations
- Analyse results using food science vocabulary

Top Tips for NEA1 – Think Like A Scientist

1. **Include a Control** and compare all investigations against it
2. **Explain Fair Testing**
   - What changed
   - What stayed the same
   - Why this made results reliable
3. **Analyse Like An Examiner** e.g. "The sample whisked for longer incorporated more air. This increased volume and created a lighter structure because air acts as a mechanical raising agent.“
4. **The Golden Rule** - What happened? Why did it happen? What food science explains it?

Food Preparation Task (35%)

- 105 marks
- Non-examined assessment
- Released 1 November
- After mock exams until February half term
- No more than 10 pages (20 sides) A4 in font size 11-12 and should include all photographs, graphs and charts
- 20 hours

What not to do (from last year's moderators report)

Weaker candidates selected dishes they liked rather than dishes that met the demands of the task.

What to do (from last year's moderators report)

- Showcase complex skills
- Link directly to the brief
- Offer nutritional discussion
- Demonstrate planning and organisation

Top Tips for NEA2 – Think Like A MasterChef Finalist

1. **Recipe Choice = Marks**
   - Justified dish choices
   - Consider nutrition, provenance, seasonality, skills & techniques and suitability to the task
2. **Time Plans Matter.** Excellent time plans dovetail tasks, include timings, food safety and quality checks.
3. **Use Photographs Properly** to evidence key skills
4. **Dish-specific sensory analysis** is a feature of stronger work

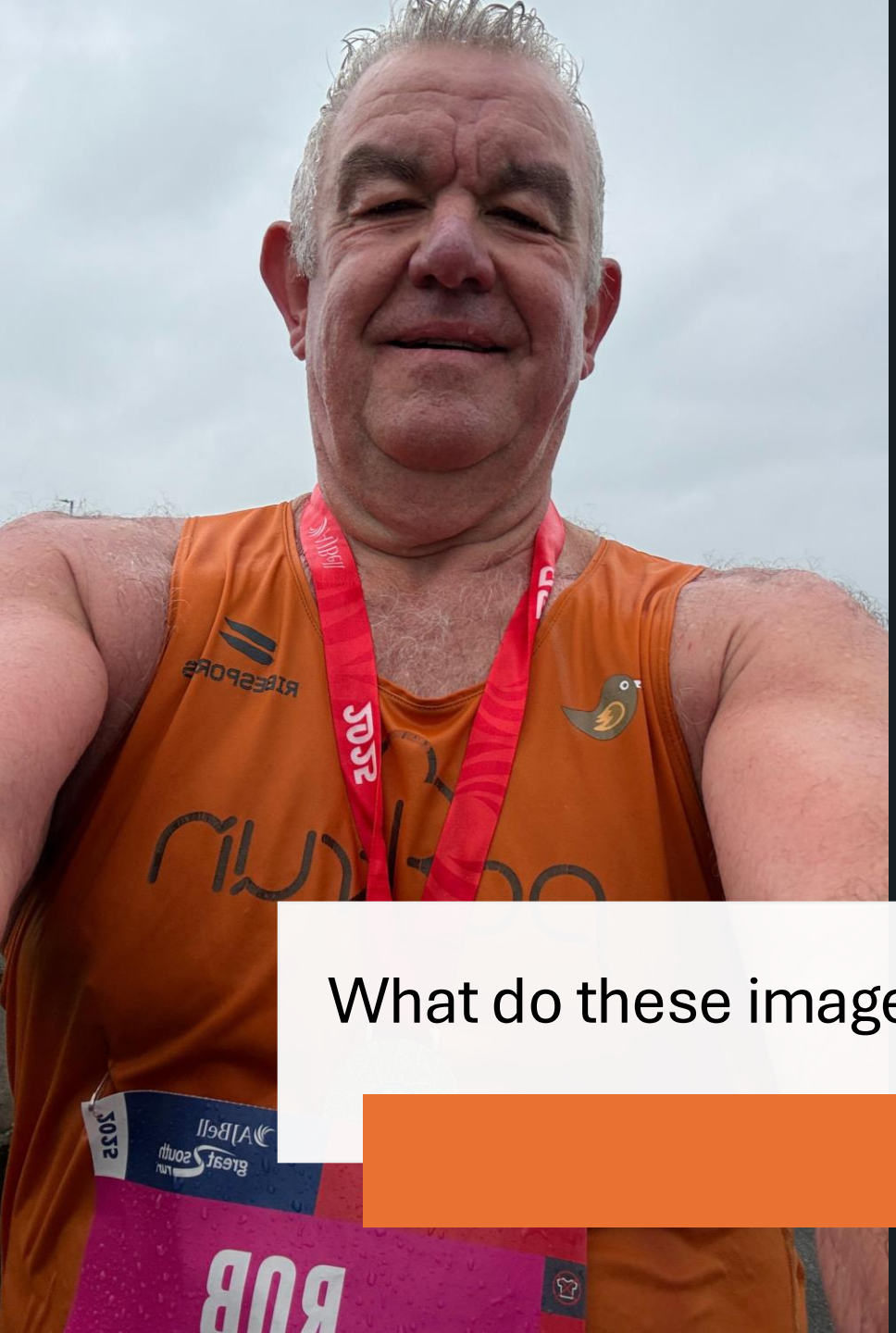
Food Preparation and Nutrition (50%)

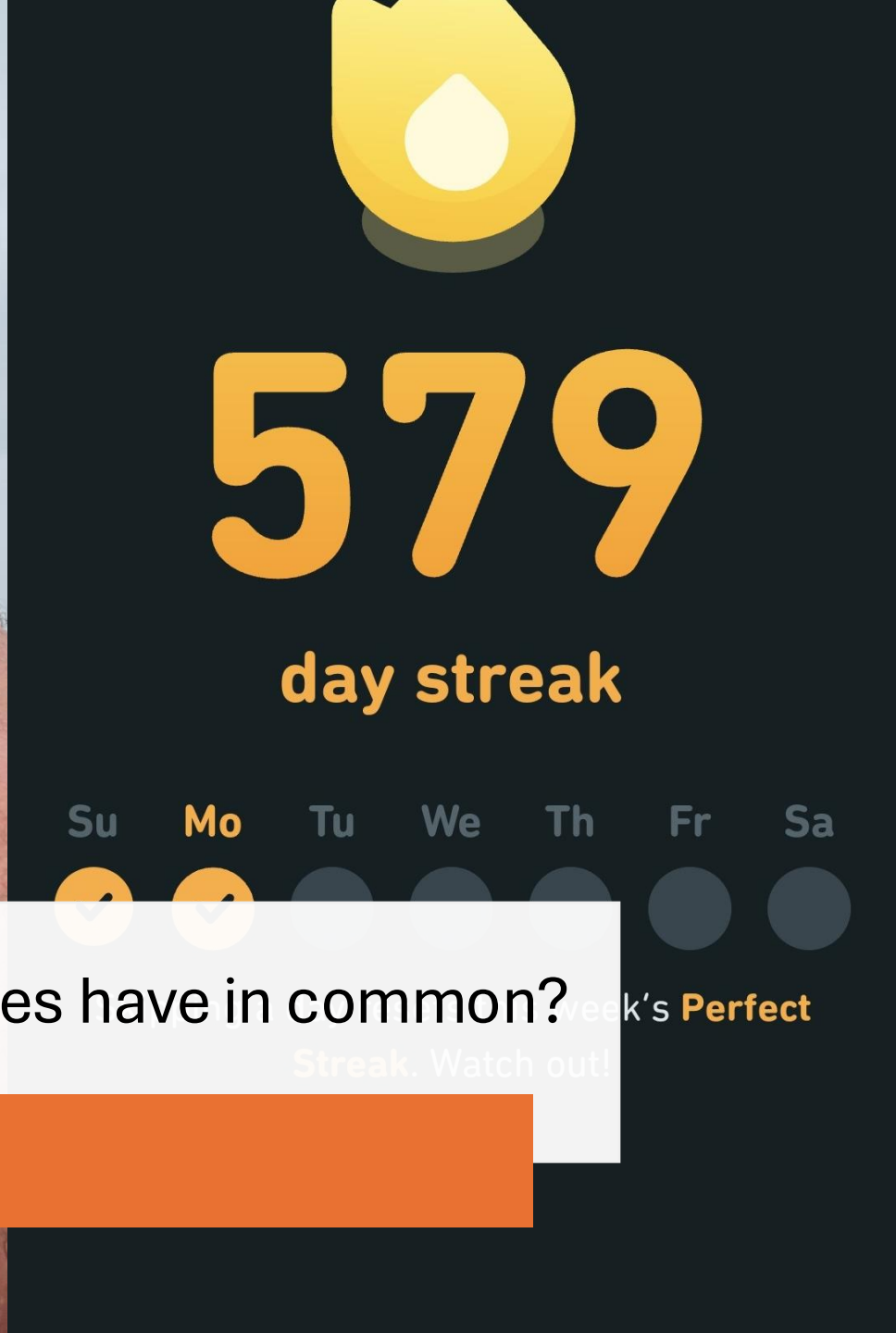
- 100 marks
- 1 hour 30 minutes written examination paper
- In
  - and
  - Some questions will include stimulus material
  - Synoptic questions are included



How to get to know the content…

- 100% attendance
- 100% homework completion (aim for 100%)
- REVISE REVISE REVISE
- On top of what we are doing in lesson





What do these images have in common?

How to revise well…

- Come up with a revision schedule
  - Maths/English/Science
  - + an option on each day

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9							
10						Science	Maths
11						Food	Geography
12							
1							
2							
3							
4	Maths	English	Science	Maths	English		
5	Food	Geography	History	ICT	RS		
6							

How to revise well…

- Exam papers
  - Google "*food preparation and nutrition ocr gcse past papers*"
  - Have a go in timed conditions and then MARK IT
  - Get to know what the examiners are looking for
- You need something TO DO:
  - SENECA
  - I have a bunch of really good stuff - OneDrive
  - Actively DO something
- Practise your Extended Writing specifically

Top Tips for The Written Exam

1. **Learn The Science**
   - e.g. Gelatinisation, Dextrinisation, Denaturation, Coagulation, Caramelisation, Maillard reaction, Mechanical aeration, Chemical raising etc.
2. **Use Technical Vocabulary**
   - Instead of: "The cake rises.“
   - Write: "Carbon dioxide is produced by the baking powder and expands during baking, causing the mixture to rise.“
3. **Learn Nutrients Thoroughly.**
   - You need to know Functions, Sources, Deficiency diseases and Excess intake problems

Top 10 Grade 7+ Tips

1. Attend every lesson.
2. Complete every Seneca.
3. Revise little and often.
4. Practise past papers.
5. Learn food science terminology.
6. Use a control in NEA1.
7. Explain fair testing in NEA1.
8. Choose dishes for skills, not preference in NEA2.
9. Practise practical dishes repeatedly in NEA2.
10. Always explain WHY. Never just describe.

Question time:

1. **Hands up if you've completed every Seneca so far.**
2. **How many hours a week do you currently revise Food?**
3. **Which component are you most confident about: NEA1, NEA2 or (3) the written exam?**
4. **Who can name a food science process in under 5 seconds?**

Question time:

5. What's the biggest mistake students make in NEA1?

Treating it as cooking rather than an investigation

6. When choosing dishes for NEA2, what should come first: what you like eating or what meets the brief?

What meets the brief

7. What separates a Grade 7 answer from a Grade 5 answer?

Explaining WHY, not just describing what happened

The Difference Between a Grade 5 and a Grade 7

Grade 5: "This worked."

Grade 7: "This worked because..."

Grade 9: "This worked because... supported by scientific evidence, results, and evaluation."