



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

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?

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

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.