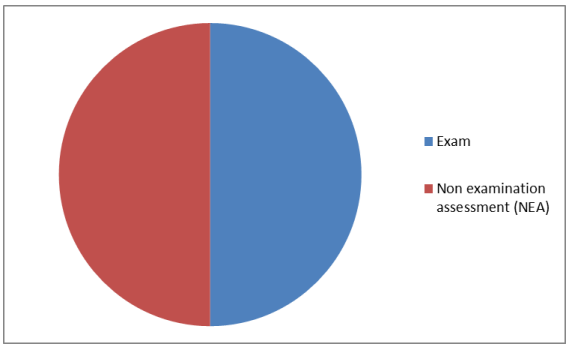
GCSE FOOD PREPARATION AND NUTRITION

AT A GLANCE	*FORMAT*
 **Component 1: Principles of Food Preparation and Nutrition - 50% of qualification** Written examination: 1 hour 45 minutes Section A: questions based on stimulus material. Section B: structured, short and extended response questions. **Component 2: Food Preparation and Nutrition in Action - 50% of qualification** Non-examination assessment. Internally assessed, externally moderated Assessment 1: 8 hours 15% of qualification Assessment 2: 12 hours 35% of qualification	**FOOD PREPARATION AND NUTRITION** **Component 1 - Principles of Food Preparation and Nutrition – Year 10** **Component 2: Food Preparation and Nutrition in Action – Year 11** Areas of study: 1. **Food commodities** 2. **Principles of nutrition** 3. **Diet and good health** 4. **The science of food** 5. **Where food comes from** 6. **Cooking and food preparation**

SUCCESS TIPS

- Have an interest in what is going on around you in the world and in your local area
- Enjoy research and investigation
- Work consistently hard
- Take responsibility for your own learning.
- You should be keen and motivated enough to work hard without being continually monitored
- Meet deadlines, particularly for completion of the board set assessment tasks
- Are organised and keep good notes from the start of the course
- Have excellent attendance
- Build up a recipe book of dishes cooked with suggested improvements
- Refer to exemplar work in classroom
- Watch television cooking programmes
- Practice cooking at home as much as possible

Resources

We would encourage students and parents to visit www.eduqas.co.uk/ (Eduqas is a brand of the British examination board WJEC) to look at the GCSE Food preparation and Nutrition course

My Revision Notes: WJEC Eduqas GCSE Food Preparation and Nutrition Paperback – To be published 2017