



Dear Student,

Welcome to GCSE Food Preparation and Nutrition

I am delighted that you have chosen to study GCSE Food Preparation and Nutrition from September. This course is an exciting opportunity to develop your practical cooking skills, deepen your understanding of nutrition, and explore the science behind the food we eat every day.

The course, following the Eduqas specification, is structured as follows:

- **50% Non-Examined Assessment (NEA):** This is made up of two tasks completed in Year 11:
 - **Food Investigation Task (15%)** – You will carry out a practical investigation into the science of food, focusing on the function of ingredients.
 - **Food Preparation Task (35%)** – You will research, plan, prepare, cook and present a menu of dishes based on a set brief. This task is assessed on your research, planning, time management, practical skills, and evaluation.
- **50% Written Exam:** This will take place at the end of Year 11 and will test your knowledge and understanding of nutrition, food science, food safety, food provenance, and food choice, as well as your ability to apply that knowledge to real-life scenarios.

This course builds on what you have studied at Key Stage 3, and you will be expected to develop more advanced skills and apply them in a wider context. There will be regular theory lessons, practical cooking sessions, and opportunities to experiment, reflect, and improve your work.

To succeed in this course, you will need to show commitment, creativity, and a willingness to learn.

Excellent organisation is key, especially when preparing for practical lessons. You will be expected to work independently, meet deadlines, and aim for the highest possible standards in both theory and practical work.

By the end of the course, you will have gained valuable knowledge and life skills, whether you go on to study further in the subject or simply want to be confident in making healthy, well-informed food choices.

To help prepare over the summer, the following resources will be helpful in understanding the components of a healthy and balanced diet:

1. Food A Fact of Life (www.foodafactoflife.org.uk) – loads of interesting recipes and resources
2. BBC Good Food (www.bbcgoodfood.com) – recipes and relevant magazine articles
3. Seneca Learning (www.senecalearning.com)

It would also be worthwhile practising a couple of recipes over the summer that you haven't tried before!



Harris Church of England Academy

Harris Drive, Overslade Lane, Rugby, Warwickshire CV22 6EA

Telephone: 01788 812549

office@harriscofeacademy.co.uk | www.harris.covmat.org

Headteacher Mrs Roberta Harrison



We're really looking forward to teaching you and seeing the exciting and delicious dishes you will create.

If you have any questions before September, please feel free to ask

Mr K Todd

Head of Design and Technology



The Diocese of Coventry Multi Academy Trust.

An exempt charity and a company limited by guarantee, registered in England and Wales No 8422015.

Registered Office: St James' Church of England Academy, Barbridge Road, Bulkington, Bedworth, CV12 9PF

