

Food Preparation and Nutrition



2022 UPDATE FOR YR11

Because of the ongoing impacts of the Coronavirus (COVID-19) pandemic, there are some changes to how GCSE Food Preparation and Nutrition will be assessed in 2022.

Changes to NEA tasks

NEA1: Food Investigation Task (15%) – no longer required

NEA2: Food Preparation Task (50%) – will remain as part of the assessment, but the requirement is now to complete two dishes within 3 hours.

This is the advance information for GCSE Food Preparation and Nutrition.

This advance information covers Paper 1: Food Preparation and Nutrition only

- Topics not listed may appear in Section A or in other questions in Section B
- It is not permitted to take this advance information into the examination.

Focus for the June 2022 Exam

3.2.3.1 Making informed choices

- the current guidelines for a healthy diet portion size and costing when meal planning
- how people's nutritional needs change and how to plan a balanced diet for different life stages
- how to plan a balanced meal for specific dietary groups
- how to maintain a healthy body weight throughout life

3.2.3.4 Diet, nutrition and health

- the relationship between diet, nutrition and health
- major diet related health risks

3.3.2.2 Carbohydrates

- Gelatinisation
- Dextrinisation
- Caramelisation

3.4.2.1 Buying and storing food

- the food safety principles when buying and storing food

3.4.2.2 Preparing, cooking and serving

- the food safety principles when preparing, cooking and serving food

3.5.1.1 Factors affecting food choice

- To know and understand factors which may influence food choice.

3.6.1.2 Food and the environment

- environmental issues associated with food

3.6.2.1 Food production

- Primary and Secondary stages of processing and production
- how processing affects the sensory and nutritional properties of ingredients