



Food Preparation & Nutrition Curriculum Key Information

Subject	Food Preparation & Nutrition
Exam Board Followed at KS4	WJEC Eduqas
Final Assessment Method at KS4	Component 1: Principles of Food Preparation and Nutrition Written examination: 1 hour 45 minutes 50% of qualification Component 2: Food Preparation and Nutrition in Action Non-examination assessment: internally assessed, externally moderated Assessment 1: 8 hours Assessment 2: 12 hours 50% of qualification The WJEC Eduqas GCSE in Food Preparation and Nutrition equips learners with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. It encourages learners to cook, enables them to make informed decisions about food and nutrition and allows them to acquire knowledge in order to be able to feed themselves and others affordably and nutritiously, now and later in life. This specification creates a balance between practical and theoretical knowledge and understanding.
What are the core concepts in this subject?	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
How is the curriculum in this subject designed to allow pupils to know more, remember more and do more over time?	At Loreto all our students will be given the opportunity to cook, as we provide ingredients for them to be able to participate fully. Specialised vocabulary and explanations are provided in writing frames and focused homework tasks are set to support all students, underpin their new knowledge, and ensure that every pupil is able to access the learning in this course. The learning journey is designed to build knowledge, skills and confidence over time ensuring those selecting to study GCSE Food Preparation & Nutrition have the knowledge to proceed with confidence.



How does the curriculum in this subject area prepare students to develop skills for life and prepare them for the world of work?

By studying food preparation and nutrition learners will:

- be able to demonstrate effective and safe cooking skills by planning, preparing and cooking a variety of food commodities whilst using different cooking techniques and equipment
- develop knowledge and understanding of the functional properties and chemical characteristics of food as well as a sound knowledge of the nutritional content of food and drinks
- understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health
- understand the economic, environmental, ethical and socio-cultural influences on food availability, production processes, diet and health choices
- demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food
- understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international) to inspire new ideas or modify existing recipes

Where can parents and carers find out more?

[GCSE Food Preparation and Nutrition | Edugas](#)

Your child also has access to the Loreto Learning Portal via RMUnify.