

FOOD PREPARATION AND NUTRITION *QUALIFICATION*

Summary brochure

Our GCSE (9–1) in Food Preparation and Nutrition aims to equip students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating.



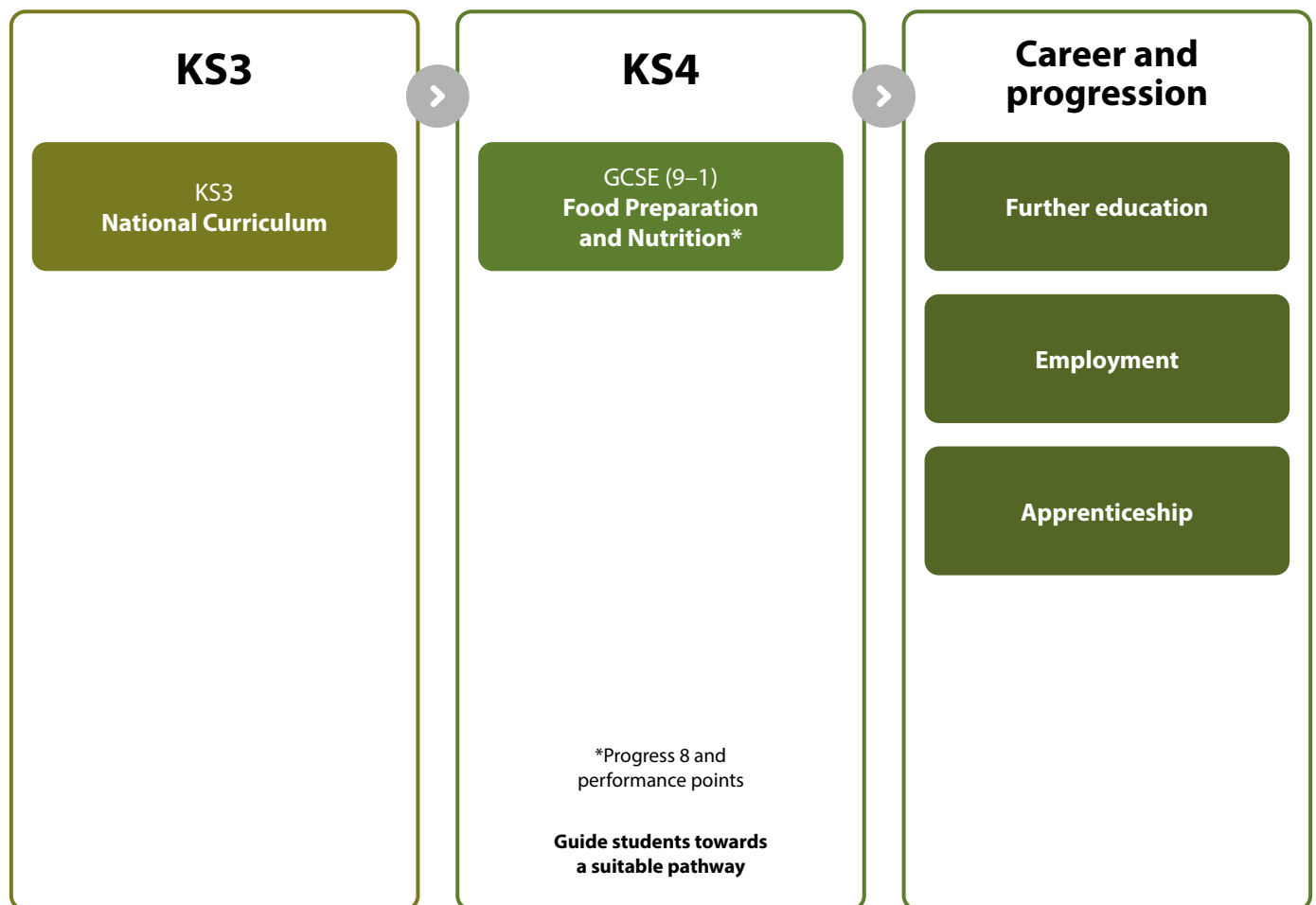
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A full suite of qualifications for 14 to 16 year olds

Our qualification will encourage students to cook and make informed decisions about a wide range of further learning, opportunities and career pathways as well as develop life skills that enable learners to feed themselves and others affordably, now and in later life.

PATHWAY FOR FOOD PREPARATION AND NUTRITION



GCSE (9–1) FOOD PREPARATION AND NUTRITION

KEY INFORMATION

SPECIFICATION CODE:

J309

IDEAL FOR:

Students looking to develop strong practical cookery skills and techniques as well as a good understanding of nutrition

PROGRESS TO:

Further education, apprenticeships or the workplace

FINAL AWARD:

9 (highest) to 1 (lowest)

PERFORMANCE POINTS:

Yes

CONTENT OVERVIEW

Our GCSE (9–1) specification in Food Preparation and Nutrition enables students to make the connections between theory and practice so that they are able to apply their understanding of food and nutrition to practical cooking.

Component title	Content overview
A. Nutrition	Students develop knowledge and understanding of the functional properties and chemical processes as well as the nutritional content of food and drinks. Students understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health.
B. Food: Food provenance Food choice	Students understand the economic, environmental, ethical, and socio-cultural influences on food availability, production processes, and diet and health choices.
C. Cooking and food preparation	Students demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food.
D. Skill requirements: preparation and cooking techniques	Students demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment. Students 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.

THE QUALIFICATION

This qualification aims to bring about real sustainable change, providing students with the expertise and skills to feed themselves and others better. It also provides a good setting for students hoping to move forward with careers in the food and hospitality industries.

Your students will discover the essentials of food science, nutrition and how to cook. In addition to this, they will understand the huge challenges that we face globally to supply the world with nutritious and safe food.

ASSESSMENT

There are two submission options for the non-exam assessment (NEA), postal submission or electronic upload via the OCR Repository.

Students must take either:

- Components (01), (02) and (04) for the Repository submission option.
- Components (01), (03) and (05) for the postal option.

Food Preparation and Nutrition (01)* –

1 hour 30 minutes written examination paper 50% of total GCSE

Food Investigation Task (02) or (03)* –

Non-exam assessment (NEA) 15% of total GCSE

Food Preparation Task (04 or 05)* –

Non-exam assessment (NEA) 35% of total GCSE

*Indicates inclusion of synoptic assessment.

READ MORE:

ocr.org.uk/qualifications/gcse/food-preparation-and-nutrition-j309-from-2016



SAMPLE ASSESSMENT MATERIALS



An example of the type of questions we will be asking:

1 Vegetables are an important part of a balanced diet.

(a) Name one vegetable from each of the groups listed below.

1. Root

2. Leaf

3. Bulb [3]

(b) Vegetables are also a good source of fibre. Give two reasons why we should increase the amount of fibre in our diet.

1

2 [2]

2 When preparing food it is important to use knives correctly.

(a) Name the two different grips used when preparing fruits and vegetables.

1

2 [2]

(b) Identify the knives below.



1

2

3 [3]

SUPPORTING YOU IN QUALIFICATION DELIVERY

Our aim is to support you on your journey with us from initial enquiry right through to results. To help you get going, support you through delivery and allow you to develop professionally, we provide a massive range of support to help secure your students' futures.



SUPPORT AND RESOURCES

EXPERT SUBJECT ADVICE

Our subject advisors provide information and support to schools, including specification and non-exam assessment advice, updates on resource developments and a range of training opportunities. You can reach them through our customer support centre on **01223 553998** or by email at **food@ocr.org.uk**

You can also find teacher support at **ocr.org.uk/foodprepnutrition**

TEACHING AND LEARNING RESOURCES

- **Teach Cambridge**
Teach Cambridge is our personalised and secure website that provides teachers with a single point of access to all the support and resources you need to teach our qualifications.
- **Skills guides**
All the skills and techniques are outlined in section D of the specification, with recipes to be used by students.
- **Topic exploration packs**
- **Teacher and delivery guides**
A range of lesson ideas with associated activities that you can use with students to deliver the contents of the qualifications.
- **Scheme of work**

CANDIDATE EXEMPLARS

We have candidate exemplars across the majority of our qualifications that will support you in understanding the expectations of the mark schemes.

PARTNER RESOURCES AND TEXTBOOKS

Our food preparation and nutrition qualification is supported by endorsed textbooks and resources published by leading publishers. You can find more details about our publisher partners and the resources they're providing at **ocr.org.uk/qualifications/publishing-partners**

BLOGS

Read our blogs and gain interesting insights from our subject advisors and other leading figures from the world of education.

KEEP UP TO DATE

Sign up today at **ocr.org.uk/signup** for OCR updates including subject news, upcoming events and useful resources.



JOIN OUR TEACHER PANEL

SHARE
VALUABLE
FEEDBACK ON
EVERYTHING
FROM
CREATIVE
CONCEPTS
TO TEACHING
AND SUPPORT
RESOURCES.

ASSESSMENT

ACTIVE RESULTS

This is a **free** online A Level, GCSE and Cambridge Nationals results analysis service to help you review the performance of individual students or your whole school. Active Results provides access to detailed results data, enabling more comprehensive analysis of results to give you a more accurate measure of the achievements of your centre and students. Find out more at ocr.org.uk/activeresults

ASSESSMENT MATERIALS

Sample question papers and sample candidate work.

PAST PAPERS

You and your students can practise with previous examination papers for each subject.

PRACTICE PAPERS

Create mock exams and help students get a clearer picture of the qualification requirements. We put all our practice papers through exactly the same long and detailed processes as the live papers to ensure that they match the style and rigour of the live assessments.

CANDIDATE EXEMPLARS

A selection of candidate style answers and work with associated examiner commentary.

MODEL ASSIGNMENTS

Model assignments provide a scenario and set of tasks that enable you to assess your students against the requirements specified in the grading criteria.

ACCESS TO SCRIPTS

A **free** service for exams officers to download copies of your students' completed question papers

TRAINING AND PROFESSIONAL DEVELOPMENT

PROFESSIONAL DEVELOPMENT TRAINING AND EVENTS

All our qualifications are supported with comprehensive training. Check out ocr.org.uk/professionaldevelopment to find out what's available for face-to-face or online training courses.

ocr.org.uk/join

NEXT STEPS

STEP 1

ALREADY AN OCR CENTRE?

GREAT, YOU'RE ALL SET.

**IF NOT, CALL OUR
CUSTOMER DEVELOPMENT
TEAM ON 02476 856072**

STEP 2

**ASK YOUR EXAMS
OFFICER FOR ACCESS TO
TEACH CAMBRIDGE**
teachcambridge.org

STEP 3

**DOWNLOAD
THE SPECIFICATION
AND CHECK OUT OUR
RANGE OF RESOURCES**

STEP 4

**KEEP UP-TO-DATE
BY SIGNING UP FOR
EMAIL UPDATES**

STEP 5

**BOOK ONTO PROFESSIONAL
DEVELOPMENT EVENTS
AND TEACHER NETWORKS**

ocr.org.uk

For more information visit

 **ocr.org.uk/foodprepandnutrition**

 **facebook.com/ocrexams**

 **twitter.com/ocr_food**

 **instagram.com/ocrexaminations**

 **linkedin.com/company/ocr**

 **youtube.com/ocrexams**

Call our customer support centre on
01223 553998

Alternatively, you can email us on
food@ocr.org.uk

Visit our online support centre at
support.ocr.org.uk



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