

What can I do after this course?

Many students have enjoyed studying GCSE Food Preparation and Nutrition so much that they go on to study the subject at a higher level.

There are many opportunities for careers in the Food Industry to include food technologist, dietician, catering, hotel management and teaching.

Employers value this GCSE Food Technology qualification for the development of creative, technical and transferable skills.

For further information contact:

Mr S Thompson
01246 412372
sthompson@dhfs.uk



GCSE Food Preparation and Nutrition

Exam Board: AQA



DRONFIELD HENRY FANSHAWE SCHOOL

Established 1579

Green Lane
Dronfield
Derbyshire
S18 2FZ

www.DHFS.uk

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@DHFSFoodTech



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Subject Guide Key Stage 4

GCSE
Food Preparation
and Nutrition

Exam Board: AQA

Course starting September 2026

How will I be assessed?

Examination (1 hour 45 mins)

Paper 1: Food preparation and nutrition

Multiple choice questions (20 marks)

Five questions each with a number of sub questions (80 marks)

Theoretical knowledge of food preparation and nutrition is assessed considering:

Food, nutrition and health

Food science

Food safety

Food choice

Food provenance

This is worth 50% of the GCSE

Non-exam assessment (controlled assessment)

What's assessed:

Task 1: Food investigation. Students' understanding of the working characteristics, functional and chemical properties of ingredients. Practical investigations are a compulsory element of this task.

Task 2: Food preparation assessment. Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task. Students will prepare, cook and present a final menu of three dishes within a single period of no more than three hours, planning in advance how this will be achieved.

How it's assessed:

Task 1: Written or electronic report (1,500–2,000 words) including photographic evidence of the practical investigation.

Task 2: Written or electronic report showing evidence of technical and practical skills.

Task 3: Written or electronic portfolio including photographic evidence. Photographic evidence of the three final dishes must be included.

This is worth 50% of the GCSE

What will I learn?

This qualification with AQA has been developed with the help of food experts and chefs.

It develops a natural curiosity and scientific approach to cooking and is an ideal collaboration that will enthuse learners as they discover the essentials of food science, building strong practical cookery skills and a good understanding of nutrition. Throughout the teaching of Food Preparation and Nutrition, learners will also understand the huge challenges that we face globally to supply the world with nutritious and safe food.

Food Preparation and Nutrition GCSE will help learners to discover the essentials of the food science behind cooking and bring learning to life.



How is this course delivered?

Food Preparation and Nutrition comprises of three food rooms including specialist equipment and knives for developing skills in KS4 and 5. Throughout the department there is excellent provision including class sets of computers and laptops with a Nutrition Program to analyse and cost specific recipes. All food rooms are fully equipped with items such as a blast chiller, pasta machines, food processors, hand held blenders, electric whisks and 3D printers. Students also have free access to digital textbook resources.