

## **Year 11**

### **OCR GCSE Food Preparation and Nutrition J309**

#### **What will I learn?**

Students will be expected to draw on knowledge from content studied across Sections A, B, C and D (please see Year 10 information for more detail on each section).

- Section A Nutrition
- Section B Food: food provenance and food choice
- Section C Cooking and food preparation
- Section D Skills requirements: preparation and cooking techniques

#### **How will I be taught?**

Students have four lessons per fortnight. Predominantly, time will be spent planning, preparing and writing up Non-examined assessments. Time between these tasks will be spent on covering elements from the main specification. Revision lessons will be mostly theory based supported by practical where appropriate.

Autumn term: Food Investigation Task

Late Autumn term and some of the Spring term: Food Preparation Task

Spring term into the Summer term: Revisiting topics studied Year 10, revision and exam techniques in preparation for examination.

#### **How will I be assessed?**

There are four Assessment Objectives, all students should be able to:

1. Demonstrate knowledge and understanding of nutrition, food, cooking and preparation.
2. Apply knowledge and understanding of nutrition, food, cooking and preparation.
3. Plan, prepare, cook and present dishes, combining appropriate techniques.
4. Analyse and evaluate different aspects of nutrition, food, cooking and preparation, including food made by themselves and others.

#### **These are the 3 assessments in Year 11:**

- Food Investigation Task (45 marks)  
Non-examined assessment (NEA)  
15% of total GCSE

Students must demonstrate different practical skills and knowledge from the specification content (see Year 10).

Students are required through practical experimentation to investigate and evaluate an understanding of the working characteristics, functional and chemical properties of ingredients and use the findings of that investigation to achieve a particular result with respect to the preparation and cooking of food. A report (between 1500 – 2000 words) to explain the findings of the student's investigation should be submitted.

- Food Preparation Task (105 marks)  
Non-examined assessment (NEA)  
35% of total GCSE

Students are required to prepare, cook and present three dishes within three hours. They must thoroughly and accurately plan, in advance, how this will be achieved.

Written evidence of how the student has planned, executed and evaluated the preparation, cooking and presentation of the three dishes within a three hour period should be submitted along with photographic evidence to demonstrate the students' application of technical skills and the quality of their final dishes.

- Food Preparation and Nutrition (100 marks)  
1 hour 30 minute written examination paper  
50% of total GCSE

There will be ten compulsory questions including structured and free response questions.