



Year 11

Class of 2018

OCR Food Preparation and
Nutrition

Home Support Pack

Examination Date:

14th June 2018:

Food Preparation and Nutrition

If you require any further information or support for your child, please make contact with his/her teacher in the first instance. The best way to make contact with your son/daughters food teacher is to contact them direct by email:

Mrs D Collins (Head of TSV) dcollins@asap.org.uk

Mrs J Yilmaz– Teacher of Food [jyilmaz@asap.org.uk](mailto: jyilmaz@asap.org.uk)

Food Preparation and Nutrition exam will be one hour and 30 minutes and is worth 50% of the overall qualification. Learners will be expected to answer questions based on content studied across sections A, B, C and D.

The following types of questions will be asked:

- 10 compulsory questions including structured and free response questions
- Some questions will include stimulus materials
- Synoptic questions are included

The major food commodity group is studied across every section.

The section studied are as follows:

Section A –Nutrition

- The relationship between diet and health
- Nutritional and dietary needs of different groups of people
- Nutritional needs when selecting recipes for different groups of people
- Energy balance
- Macronutrients – Protein, Fat, Carbohydrates, Vitamins, Minerals
- Water
- Nutritional content of the main commodity groups

Section B – Food (food provenance and food choice)

- Food Provenance – food sources and supply
- Food processing and production
- Food security
- Technological development to support better health and food production
- Development of culinary traditions
- Factors influencing food

Section C – Cooking and Food Preparation

- Food science
- Sensory properties
- Food safety

Section D – Skills requirements (Preparation and cooking techniques)

- Knife skills
- Preparation and Techniques
- Cooking methods
- Sauces
- Set a mixture
- Raising Agents
- Dough
- Be able to judge and manipulate sensory properties

Extra Support & Intervention Sessions

Easter Revision Sessions:

There will be revision sessions running over the Easter break. This will give students the opportunity to attend and to improve/secure their knowledge and skills to leave them better prepared for their examination. Your son/daughter may receive an invitation to attend, again this will be because they would have been identified as requiring a little extra support. Each and every student will be more than welcome to attend any of the sessions.

Dates for this session will be confirmed in a letter to you after February half term.

ASSESSMENT 2

PLEASE NOTE YOUR SON/DAUGHTER WILL BE UNDERTAKING THEIR PRACTICAL EXAMINATION IN THE WEEK BEGINNING THE 5TH MARCH 2018. THIS WILL INVOLVE THEM IN A 3 HOUR PRACTICAL EXAMINATION WHERE THEY CREATE THEIR THREE COURSE MEAL. THIS IS WORTH 35% OF THE COURSE. FURTHER INFORMATION WILL BE AVAILABLE AFTER HALF TERM.

Show My Homework (SMHW)

Homework tasks and resources will be uploaded to SMHW on a fortnightly basis. Please ensure your son/daughter regularly visits this site and completes the tasks set.

The resources that will be uploaded will include past paper questions.

For parental access to this site please contact tgoodman@asap.org.uk. He will provide you with a username and password.

Revision Guides

Suggested:

My Revision Notes: OCR GCSE Food Preparation and Nutrition

ISBN: 9781471887000

Price £8.99