

# OCR FOOD PREPARATION AND NUTRITION

Poynton High School



# Why choose Food Preparation and Nutrition?

- GCSE (9-1) in Food Preparation and Nutrition qualification aims to equip learners with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. The OCR qualification will encourage learners 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.
- OCR's GCSE (9-1) in Food Preparation and Nutrition is a new, exciting, up-to-date qualification that is relevant to the world of food today.
- This qualification aims to bring about real sustainable change, providing learners with the expertise and skills to feed themselves and others better.
- Our qualification builds upon the best elements of our existing and current qualifications and adds new areas of interest.
- The heart of our qualification is the development of strong practical cookery skills and techniques as well as a good understanding of nutrition. We believe that learners who learn to cook well are more likely to make better food choices and understand healthy eating.
- OCR learners will discover the essentials of food science, nutrition and how to cook. In addition to this, learners will understand the huge challenges that we face globally to supply the world with nutritious and safe food.
- OCR sees this qualification as another step towards creating a healthier society and improving the nation's cooking skills as well as setting some learners on the path to careers in the food and hospitality industries.

# Aims and Learning Outcomes

The OCR GCSE (9-1) in Food Preparation and Nutrition will encourage learners to:

- demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment
- develop knowledge and understanding of the functional properties and chemical processes as well as 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 and 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.

# Course content

Content Overview	Assessment Overview	
<p>This content should be covered throughout all three components.</p> <p><b>Section A</b> Nutrition</p> <p><b>Section B</b> Food: food provenance and food choice</p> <p><b>Section C</b> Cooking and food preparation</p> <p><b>Section D</b> Skills requirements: preparation and cooking techniques</p>	<p><b>Food Preparation and Nutrition (01)*</b></p> <p>100 marks**</p> <p>1 hour 30 minutes written examination paper</p>	<p><b>50%</b> of total GCSE</p>
	<p><b>Food Investigation Task (02 or 03)*</b></p> <p>45 marks</p> <p>Non-examined assessment (NEA)</p>	<p><b>15%</b> of total GCSE</p>
	<p><b>Food Preparation Task (04 or 05)*</b></p> <p>105 marks</p> <p>Non-examined assessment (NEA)</p>	<p><b>35%</b> of total GCSE</p>

\*Indicates inclusion of synoptic assessment.

\*\* Examination is weighted up to 150 marks to equal the total marks combined for the two tasks.

# What will I learn?

Alongside the theoretical elements of the course you will also learn a variety of practical skills. These include:

No.	Skill group	Techniques
1	Knife skills	<ul style="list-style-type: none"><li>• Meat, fish or alternatives: fillet a chicken breast, portion a chicken, remove fat and rinds, fillet fish, slice raw and cooked meat and fish or alternatives (such as tofu and halloumi) evenly and accurately</li><li>• Fruits and vegetables: bridge hold, claw grip, peel, slice, dice and cut into evenly sized pieces (i.e. batons, julienne)</li></ul>
2	Preparation and techniques	<ul style="list-style-type: none"><li>• Tenderise and marinate (when preparing vegetables, meat, fish, and alternatives): acids to denature protein, marinate to add flavour and moisture</li><li>• Meat, fish or alternatives: roll, wrap, skewer, mix, coat, layer meat, fish and alternatives and shape and bind wet mixtures (such as falafels, meat balls, fish cakes) while demonstrating the technical skill of preventing cross-contamination and handling high-risk foods correctly</li><li>• Fruits and vegetables: mash, shred, scissor-snip, scoop, crush, grate, peel, segment, de-skin, deseed, blanch, shape, pipe, blend, juice and prepare garnishes whilst demonstrating the technical skills of controlling enzymic browning and spoilage and preventing food poisoning (wash and dry, where appropriate)</li></ul>
3	Cooking methods	<ul style="list-style-type: none"><li>• Water-based methods using the hob: steaming, boiling and simmering, blanching and poaching</li><li>• Dry heat and fat based methods using the hob: dry-frying, pan (shallow frying), stir-frying</li><li>• Using the grill: char, grill or toast</li><li>• Using the oven: baking, roasting, casseroles and/or tagines, braising</li></ul>

No.	Skill group	Techniques
4	Sauces	<ul style="list-style-type: none"> <li>• Make a blended white sauce (starch gelatinisation), such as a roux, and an all-in-one blended sauce, infused sauce, veloute, bechamel, to demonstrate understanding of how liquid:starch ratios affect the viscosity and how conduction and convection work to cook the sauce and the need for agitation</li> <li>• Make a reduction sauce such as pasta sauce, curry sauce, gravy, meat sauce (including meat alternatives such as myco-protein and textured vegetable protein) to demonstrate how evaporation concentrates flavour and changes the viscosity of the sauce</li> <li>• Make an emulsion sauce such as a salad dressing, mayonnaise, hollandaise to demonstrate the technical skill of how to make a stabilised emulsion</li> </ul>
5	Set a mixture	<ul style="list-style-type: none"> <li>• Removal of heat (gelation): use starch to set a mixture on chilling for layered desserts such as custard or cheesecake</li> <li>• Heating (coagulation): use protein to set a mixture on heating such as denatured protein in eggs for quiche, choux pastry</li> </ul>
6	Raising agents	<ul style="list-style-type: none"> <li>• Use egg (colloid foam) as a raising agent – create a gas-in-air foam – whisking egg whites, whisked sponge,</li> <li>• Use chemical raising agents – self-raising flour, baking powder</li> <li>• Use steam in a mixture (choux pastry, batter)</li> </ul>
7	Dough	<ul style="list-style-type: none"> <li>• Use the technical skills of shortening, gluten formation, fermentation (proving) for bread, pastry, pasta</li> <li>• Roll out pastry, use a pasta machine, create layers (palmiers), proving/resting</li> <li>• Glazing and finishing such as pipe choux pastry, bread rolls, pasta, flat breads, pinwheels, pizza, calzone</li> </ul>
8	Judge and manipulate sensory properties	<ul style="list-style-type: none"> <li>• Taste and season during the cooking process, change the taste and aroma through the use of infusions, herbs and spices, paste, jus, reduction</li> <li>• Change texture and flavour, use browning (dextrinisation) and glazing, add crust, crisp and crumbs</li> <li>• Presentation and food styling – use garnishes and decorative techniques to improve the aesthetic qualities, demonstrate portioning and presenting</li> </ul>



# Careers in Food Preparation and Nutrition



If you have any further questions please contact -

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