



AQA Food Preparation and Nutrition

The topics are:

1. Food, nutrition and health
2. Food science
3. Food safety
4. Food choice
5. Food provenance.

The range of food and ingredients studied should reflect the recommended guidelines for a healthy diet based on the main food commodity groups. Food groups include:

- bread, cereals, flour, oats, rice, potatoes and pasta
- fruit and vegetables (fresh, frozen, dried, canned and juiced)
- milk, cheese and yoghurt
- meat, fish, eggs, soya, tofu, beans, nuts and seeds
- butter, oil, margarine, sugar and syrup.

NEA 1 = 15%	NEA 2 =35%	Written exam= 50%
Food Investigation Task (includes science-based practical).	Food Preparation Task (cooks around a 'theme', this includes 4 dishes, plus a 3-hour 3 dish practical exam)	100mark exam paper, including 20 multiple choice. Covers 5 main topics.