



GCSE Food



# OCR GCSE FOOD & NUTRITION



## Specification at a glance

Food theory exam—100 marks—50% - time 1 hour and 30 minutes

NEA (non examined controlled assessment work)

NEA1—45 marks—worth 15% of GCSE

NEA2—105 marks—worth 35% of GCSE

TOTAL 50% of GCSE

## Content overview

### **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

Protein

Fat

Carbohydrate

Vitamins

Minerals

Water

Nutritional content of the main commodity groups

### **Section B: Food (food provenance and food choice)**

Food provenance: source and supply

Food processing and production

Food security

Technological developments to support better health and food production

Development of culinary traditions (students study British cuisine and a minimum of two international cuisines)

Factors influencing food choice

### **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



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Oxford Cambridge and RSA

