

Go to www.ccea.org.uk/therevision to download the most up-to-date version of the **Nutrition and Food Science Specification**

Supporting You

In person

- We are your local awarding body, so we can provide personalised support and visits to you and your centre upon request. Contact the Specification Support Officer named opposite if you would like to arrange for us to visit you, your department or your centre.
- If you have a query or require advice and guidance, please contact the Subject Officer.

At teacher-focused events

We provide a comprehensive programme of events to support this specification which includes:

- FREE launch events to introduce you to the revised specification; and
- FREE seminars to support its teaching and assessment and to assist you with subject-specific issues

We will mail invitations to Heads of Department at least three weeks in advance of each event. Alternatively, check out our full list of support events online at www.ccea.org.uk.

Online

Most of the support we provide will be available on your subject microsite. The site will contain:

- the latest version of the GCE Nutrition and Food Science specification;
- schemes of work;
- Chief Examiner's reports with top tips for improving examination performance;
- exemplar papers and mark schemes; and
- exemplification of standards (available after the first examination series).

Visit your subject microsite by logging on to www.ccea.org.uk and selecting it from the dropdown menu.

3 good reasons to choose CCEA for your A level and GCSE provision



We support Learners

CCEA places the learner at the centre of everything we do across the entire curriculum.



We are Local

CCEA is Northern Ireland's awarding body – we understand local needs for local learners.



We are Listening

CCEA listens to its customers to ensure better outcomes for learners through developing relevant, high quality and innovative specifications.

Contact Us

If you have a query or require advice or guidance, please contact:

Subject Officer with overall responsibility for this specification
Glynis Henderson
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Specification Support Officer
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CCEA'S REVISED GCE

Nutrition and Food Science

Specification Snapshot

For first teaching from September 2016
For first award of AS level in summer 2017
For first award of A level in summer 2018



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THE REVISION

Nutrition and Food Science

Specification Snapshot



Overview

- There are four assessment units: three externally assessed and one internally assessed.
- The specification allows students to develop their subject knowledge, understanding and skills in nutrition and food science in relation to a work context.
- Assessment at A level includes a range of question types, demanding evaluative tasks, extended writing, and synoptic assessment that encourage students to develop their understanding of the subject.
- The specification gives students a sound basis for progression to higher education.
- A range of support material is available, including specimen assessment materials, exemplar schemes of work and teacher guidance.



Specification Summary

- AS 1: Principles of Nutrition – External exam, 1 hour 30 mins, 50% of AS, 20% of A level, available summer
- AS 2: Diet, Lifestyle and Health – External exam, 1 hour 30 mins, 50% of AS, 20% of A level, available summer
- A2 1: Option 1: Food Security and Sustainability or Option 2: Food Safety and Quality – External exam, 2 hours 30 mins, 30% of A level, available summer
- A2 2: Research Project – Internal assessment (4000 words), 30% of A level, available summer



Benefits to Students

- This A level course provides a good foundation for higher education courses in related subjects and for a diverse range of interesting careers.
- At A2 teachers can choose which options they offer, enabling them to tailor the course to suit the needs of their students. Furthermore the research project allows for flexibility of choice, so that students can specialise in individual areas of interest to them.
- Through the research project students develop advanced study skills to help prepare them for higher education and the world of work. This provides students with the opportunity to develop a wide range of transferable skills and capabilities such as critical and creative thinking, decision-making, problem-solving, designing a research tool, analytical aptitude and target-setting.

| Content | Content Summary | Assessment | Weightings |
|--|---|---|---------------------------------|
| AS 1: Principles of Nutrition | Study of macronutrients and micronutrients and other dietary constituents. Nutritional requirements and dietary recommendations across the lifespan are also included. | External written examination 1 hour 30 minutes Students answer all short questions in Section A and two extended writing questions from a choice of three in Section B. | 50% of AS 20% of A level |
| AS 2: Diet, Lifestyle and Health | Study of the current research in relation to diet, lifestyle and health: <ul style="list-style-type: none"> • eating patterns • energy and energy balance • diet-related disorders • alcohol • physical activity. | External written examination 1 hour 30 minutes. Students answer all short questions in Section A and three extended writing questions from a choice of four in Section B. | 50% of AS 20% of A level |
| A2 1: Option 1: Food Security and Sustainability Or Option 2: Food Safety and Quality | Study of consumer behaviour in relation to food purchasing decisions and consideration of issues and implications of consumer food choice: <ul style="list-style-type: none"> • food security • food poverty • food sustainability • food waste • changing consumer behaviour. Study of securing a safe food supply from primary producer to consumer: <ul style="list-style-type: none"> • food safety • safety through the food chain • microbial contamination • chemical contamination • additives • allergens • controls and legislation. | External written examination 2 hour 30 minutes. Students answer a compulsory question in Section A and three extended writing questions from a choice of four in Section B. | 30% of A level |
| A2 2: Research Project | Student submits a report on a research project of their own choice. The research area is taken from AS 1, AS 2 or A2 1. | Internal assessment Students complete a 4000-word research-based project. Teacher marks the project, CCEA moderates the results. | 30% of A level |

Why Teach Nutrition and Food Science?

Nutrition and Food Science are currently high in the public's perception and there could not be a better time to develop knowledge and understanding of subject, given the current global and national food issues.

Nutrition is a fast-moving discipline that focuses on understanding the role of diet in maintaining a healthy human body and preventing disease.

Students will develop a critical appreciation of the issues affecting our food supply, how they impact upon the environment, and the ethical implications.