

# GCSE HOME ECONOMICS: FOOD AND NUTRITION SNAPSHOT

## OVERVIEW

- Our GCSE in Home Economics: Food and Nutrition is a linear course.
- There are two components: one externally assessed (50%) and one internally assessed (50%).
- Both assessments are completed at the end of the course.
- The specification allows students to develop knowledge, understanding and skills relating to the:
  - nutritional content of foods;
  - nutritional and dietary needs of specific groups and how to cater for them;
  - health issues associated with dietary and lifestyle choices;
  - factors affecting how we buy food, what we buy and what we waste;
  - importance of food safety; and
  - preparation of food, cooking and presentation of dishes.
- The specification allows students to progress to GCE and/or other courses of study or employment.
- Students have opportunities to build on the skills and capabilities developed through the delivery of the Northern Ireland Curriculum at Key Stage 3.
- A range of support material is available, including specimen assessment materials, exemplar planning frameworks, and teacher guidance on controlled assessment.

## SPECIFICATION SUMMARY

### Component 1: Food and Nutrition

External examination, 2 hours, includes multiple-choice, short and structured questions, and extended writing questions (first assessment Summer 2019)

### Component 2: Practical Food and Nutrition

Controlled assessment: practical activity and a written element (first assessment Summer 2019)

## BENEFITS TO STUDENTS

Students will:

- develop their knowledge and understanding of food and nutrition and apply skills to real-life contexts;
- have opportunities to build on the skills and capabilities developed at Key Stage 3;
- have opportunities to develop confidence in demonstrating high level practical food skills; and
- be able to progress to GCE Nutrition and Food Science or other related courses.

## CROSS-CURRICULAR SKILLS, THINKING SKILLS AND PERSONAL CAPABILITIES THAT WILL BE DEVELOPED

### Cross-Curricular Skills at Key Stage 4

#### Communication, Using Mathematics and Using ICT

Students will have opportunities to develop their communication skills and use mathematics and ICT in a variety of ways, for example:

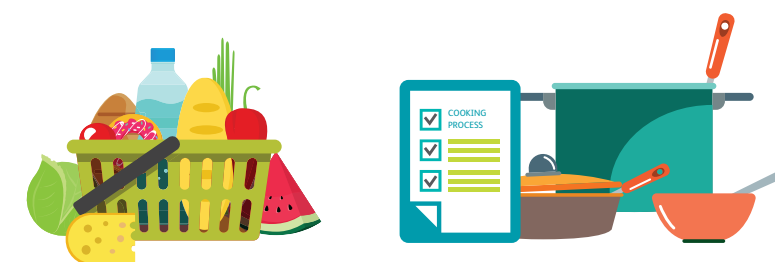
- gathering the viewpoints of others for analysis in the assessment task;
- justifying the choice of dishes in the assessment task and writing extended responses to questions;
- discussing a range of strategies to avoid food waste;
- planning, modifying and making meals for different groups of people with specific nutritional and dietary needs; and
- carrying out research using a range of secondary sources when evaluating the shopping options for a range of consumers.

### Thinking Skills and Personal Capabilities at Key Stage 4

#### Self-Management, Working with Others and Problem Solving

Students should be encouraged to, for example:

- produce time plans and manage their time when carrying out their practical food activities;
- evaluate their performance in practical activities to develop technical food preparation skills;
- discuss with their peers and teacher to develop an understanding of the controlled assessment;
- work with a partner to prepare and creatively present finished dishes and meals;
- discuss the factors affecting individual food choice and discuss how to use government dietary guidelines to achieve a balanced diet;
- justify the choice of dishes, using a range of criteria;
- consider the marketing strategies food retailers use to influence consumer food choice;
- recognise the importance of food safety legislation available to the consumer;
- explore the barriers to being an effective consumer;
- evaluate the food shopping options for a range of consumers; and
- evaluate methods of payment, and justify dietary and lifestyle advice on managing a range of health issues.



## CONTENT AND ASSESSMENT

CONTENT	CONTENT SUMMARY	ASSESSMENT	WEIGHTING
<b>Component 1: Food and Nutrition</b>	Students learn about the nutritional content of foods and how the specific nutritional and dietary needs of different people can be met by modifying recipes and planning, preparing and cooking meals and dishes that reflect current government nutritional guidelines.	Examination  2 hours  120 marks  Students answer all questions.  Quality of written communication is assessed in the extended writing.	50%
<b>Component 2: Practical Food and Nutrition</b>	Students carry out a task that develops unique transferable skills. They research the given task title and various viewpoints on it. They choose and justify a practical activity using a range of criteria. They complete the activity in a single session and evaluate all parts of the task.	Controlled assessment  120 marks  Practical activity and written report	50%

## SUPPORTING YOU

### In person

We are your local awarding organisation, so we can provide personalised support and visits to you and your centre upon request. Contact the Specification Support Officer if you would like to arrange a visit. 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 the revised specification, including:

- free launch events to introduce you to the specification; and
- free support events on 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, see our full list of support events online at [www.ccea.org.uk](http://www.ccea.org.uk)

### Online

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

- the latest version of the specification;
- planning frameworks;
- Chief Examiner's reports with top tips for improving examination performance (available after the first examination series);
- specimen assessment materials; and
- exemplification of standards (available after the first examination series).

Visit the new **Food and Nutrition** microsite at [www.ccea.org.uk](http://www.ccea.org.uk)

## CONTACT US

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

Subject Officer with overall responsibility  
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# SPECIFICATION SNAPSHOT



For first teaching from September 2017  
 For first assessment in Summer 2019  
 For first award in Summer 2019

# GCSE

# Home Economics: Food and Nutrition