

**OCR GCSE
Food and Nutrition**

Assessment:

15% = NEA1 (Food science investigation)
35% = NEA2 (3 hour practical exam and written portfolio)
50% = Written exam

NEA2 Practical exams

March 2027

Deadline for NEA hand in

NEA1 - November 2026, NEA2 - March 2027

Written exam (1hr30)

June 2027

NEA 1 & 2:

- Use the tracking sheet to help you to focus on the areas of your portfolio that need improving or completing. Use the NEA checklist, exemplar work and the videos on Google classroom to help you to complete these areas.
- **NEA2 Practical exam:** Regularly practice your recipes at home so that you are confident and independent during the exam.
- **NEA2 Practical exam:** Practice garnish and presenting your dish to a high standard. Google 'Food styling' for inspiration.

Written Exam

- Little and often independent revision will make all the difference!
- Use lesson resources on **Google classroom** to help you to revise.
- **Useful websites -** Food a fact of life, BBC bitesize

Revision guide:

ISBN-10



Topics to revise

Nutrition

Nutrients and their function - Protein, Carbohydrates, Fat, Vitamins A, B, C, D, E, K, Iron, Calcium, Phosphorus, Sodium, iodine (e.g. Complex carbohydrates provides slow release energy).

Current government guidelines for healthy eating, i.e. the 4 dietary goals (reduce salt, reduce fat, reduce sugar and increase fibre).

Adapting recipes to make them healthier (e.g. adding fruit and vegetables to increase the vitamin and fibre).

Diet related health problems (e.g. tooth decay, diabetes – what is the difference between type 1 and type 2? Heart disease, high blood pressure, obesity).

Energy balance - you also need to know what the following terms mean; PAL (Physical activity level) and BMR (basal metabolic rate)

Meat / Protein

What is the difference between HBV and LBV proteins?

Nutrients found in meat and their function (e.g. Macronutrients - Protein, fat / Micronutrients – Iron, Vitamin D, Vitamin B1)

Milk and dairy

Examples of **primary / secondary processing** (e.g. primary processing = milk, secondary = yoghurt), **reasons for not eating dairy products** – Allergies (e.g. **lactose intolerant**), vegan / lacto – ovo vegetarian, **Dairy alternatives** – e.g. soya

Fruit and vegetables

Reasons why we should eat 5 fruit and vegetables, food provenance - seasonal food, organic, fair trade, genetically modified (definitions, benefits, examples).

Bread, rice, potatoes and pasta

Benefits of wholegrain varieties, types and origin/processing (e.g. wheat-flour-bread).

Food hygiene and safety

Bacteria – Conditions needed to grow, **High / low risk, shelf life dates** – best before / use by, **preventing cross-contamination / food poisoning, Signs of spoilage** (food going 'off' / 'bad'). **Critical temperatures** (fridge, freezer, cooking, danger zone)

Food preservation methods

Reasons for preserving, methods, advantages and disadvantages – Canning, UHT, pasteurisation, steralisation, cook-chill, freezing, M.A.P/C.A.P, cook-chill

Food choice / Food security

Fair trade – Advantages and disadvantage, Vegetarian / Vegan – reasons, factors affecting the food we choose to eat / cook - Cost, availability, storage and cooking facilities, activity and lifestyle, health and medical reasons

Food science

Functions of ingredients and stages of making (e.g. cakes = creaming and baking, bread = proving, kneading)