

8 September 2025

Dear Parent/Carer

Headteacher - Ms N Sheppard

I am writing to welcome your child to AQA GCSE Food Preparation and Nutrition and to give you an insight into what the course entails.

The subject covers a wide breadth of information on the following topics:

- Food Preparation Skills
- Food, Nutrition and Health
- Food Science
- Food Safety
- Food Choice
- Food Provenance

Our course is broken down as follows:

Year 10

Development of practical skills and core subject knowledge.

Mock Exams.

Practice Coursework Tasks.

Year 11

Consolidation of practical skills and core subject knowledge.

Mock Exams.

Completion of Non-Examination Assessment 1. (NEA 1, 15% of final grade)

Completion of Non-Examination Assessment 2. (NEA 2, 35% of final grade)

Completion of exam. (50% of final grade)

A rough outline of this is below:

Term	Year 10	Year 11
Autumn 1	Macronutrients + Practicals	Start of NEA 1
Autumn 2	Micronutrients + Practicals	Start of NEA 2
Spring 1	Food Science + Practicals	Prep for Practical Exam
Spring 2	Food Safety + Practicals	Practical Exam
Summer 1	Food Choice + Practicals	Revision for Written Exam
Summer 2	Food Provenance + Practicals	Written Exam

To succeed on this course, it is vital that all students do the following:

- Prepare and weigh all ingredients for all practical sessions prior to coming into school.
- Complete all homework on time.
- Spend some time each week revising the topics that have been covered in class.
- Take accountability for all of the above.

Bringing ingredients for practical lessons is an expectation of all students. If this is ever a problem in any way, please contact us so we can arrange any necessary support. We are able to occasionally provide some staples, such as dry ingredients, with a minimum of three days' notice.

All details of practical lessons and homework tasks will be shared on Google Classroom ahead of time. If you have any problems with logging on, please contact the school ASAP.

I will be leading revision and support sessions after school each week for all Year 11 students. (Days TBC - details will be announced via Google Classroom.) Should any Year 10 students wish to participate in these in order to develop their knowledge and understanding of the course, I am open to discussing this.

I am really looking forward to welcoming your child onto the course. There is a lot of work to be done but, with the right mindset, the journey will be worth it in the end. Each year, the students amaze us all with their dedication and creativity and I am excited to see what the next two years will bring.

If you have any questions, queries or concerns please do not hesitate to contact me at tom.turner@carisbrooke.iow.sch.uk and I will be more than happy to discuss these with you. Alternatively, you can email the Head of Faculty, Miss Bracegirdle on natalie.bracegirdle@carisbrooke.iow.sch.uk.

Yours faithfully



Mr Turner
Teacher of Technology
Carisbrooke College

Helpful Resources:

AQA Food Preparation and Nutrition course outline:

<https://www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585>

CGP FPN revision guide:

<https://www.cgpbooks.co.uk/secondary-books/gcse/design-technology/food-prep-nutrition/fnar42-new-gcse-food-preparation-nutrition>

CGP FPN revision cards:

<https://www.cgpbooks.co.uk/secondary-books/gcse/design-technology/food-prep-nutrition/fnaf41-gcse-food-preparation-nutrition-aqa>