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July 2017

Dear Parent/ Carer

Year 11 GCSE Food Preparation and Nutrition

We would like to make sure parent/carers and students are aware of the demands and expectations for the GCSE course next year. All of the coursework (NEA Non-Exam Assessment) has to be completed in the final year (year 11) of the course, as well as the written exam in June.

The NEA is worth 50% of the final exam grade.

Food Investigation Task 15% – we will be completing this work September-October 2017. The exam board will be releasing the tasks to the school on 1st September. Students will need to research and carry out approximately three investigations (eg comparing different flours to make bread). As they will require a wide range of different ingredients in small quantities and will not be making food products to bring home, we propose that we will purchase ingredients and students will pay a contribution (in the region of £5 for three practical investigations). We will inform you of the amount in September when we have a better idea of the task set by the exam board.

Food Preparation Task 35% – we will be completing this November 2017–February 2018. We will receive information from the exam board about this task at the beginning of November. Students will be expected to research, participate in 3-4 practical tasks (18/70 marks) to demonstrate technical skills and plan and make three final dishes in a three hour practical assessment (30/70 marks). Students will be expected to bring in their ingredients on the agreed dates for each of these practical sessions. As the practical work is a large proportion of the final mark, it is essential that students fully participate at each opportunity for practical lessons. We will have very little flexibility in our time; if they fail to bring ingredients for the lessons when asked, there may not be another opportunity to complete the work (with the exception of genuine illness). All information will be available on Show My Homework. If there are any problems or difficulties with providing ingredients, please contact us in advance (at least the week before) via email. As this practical work needs to demonstrate practical skills and techniques, all products should be made from scratch. If students use “ready-made” components (eg sauces, pastry), their marks will be significantly lower.

This will then leave us March–May to prepare for the written exam. As you can see, it will be vital for students to keep up to date with their work and meet deadlines next year.

In the meantime, we suggest students maintain their practical skills through as much practice as possible at home. Below is a list of suggested skills or dishes they could try at home. There are lots of good resources available online to help them:-

Eclairs (choux pastry) – with filling and topping
Fish pie – filleting fish, sauce making, piping potato





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Flavoured shaped bread
Ravioli or lasagne – making pasta, filling and sauce
Vegetable stir-fry – precision vegetable preparation (julienne and baton), homemade sauce
Hollandaise sauce
Rough puff pastry – vol-au-vents or jalousie or chicken pie (with homemade sauce/ filling)
Mini quiches – homemade pastry
Lemon meringue pie
Chicken curry – jointing a chicken, homemade sauce
Chelsea buns
Black forest gateau – whisked sponge, homemade jam, piped cream
Sweet fruit tarts – sweet pastry, crème patisserie, glaze over fruit
Mousse set with gelatine
Apple pie – homemade pastry with lattice top
Meringues – piped with fruit coulis

(Deliaonline.com has lots of good tips and recipes/search for GCSE food practical skills on YouTube).

We hope this is helpful and expectations for next year are clear. Please do not hesitate to contact us if you have any queries.

Yours sincerely

Mrs S Smeaton
**Food Preparation and Cooking
Teacher**

Ms V Owens
**Food Preparation and Cooking
Teacher**

