

ABOUT THIS BOOK

This book has been written specifically for the OCR GCSE Home Economics (Food and Nutrition) course. The content has been organised to match the qualification specification, to help guide you through the requirements of the course.

The course is divided into three parts, and the book is set out in the same way:

- Unit B001: Food and Nutrition Short Tasks
- Unit B002: Food Study Tasks
- Unit B003: Principles of Food and Nutrition.

Unit B001: Food and Nutrition Short tasks will guide you through the process of planning, carrying out, recording and evaluating a Short Task. The book works through each stage of the process using two realistic Short Task examples (a Practical Task and an Investigative Task) as guides.

Unit B002: Food Study Tasks is divided into three topics (Research; Planning and carrying out practical tasks; Evaluation and drawing conclusions) which guide you through the process, again using a realistic example as a guide.

Unit B003: Principles of Food and Nutrition contains all the underpinning knowledge you will need to help you understand the subject so you can prepare for your written exam and be able to apply theory to practice in both the Short Tasks and the Food Study Task.

To help you ensure that all topics have been covered, Unit B003 is divided into seven parts, with individual topics within each part:

- Nutrition and health
- Food commodities
- Meal planning
- Food preparation and cooking
- Food safety and preservation
- Consumer education.

These are set out in manageable sections to help you work steadily and systematically through the information. In addition, there is a section on Preparing for a written exam.

The main aim has been to produce a source of information that is detailed but easy to use. The topics are explained clearly and you are provided with lots of opportunities to test your knowledge and understanding as you work through the course. There are lots of interesting activities included to help assess your learning as well as practice for examination assessments.

We hope you enjoy your course and learn lots about food and nutrition. Good luck!



Teachers: where you see this icon, additional exercises are available at www.hodderplus.co.uk/foodandnutrition. Answers to activities are also available there.