



November 2025

Dear Parent/Carer

Year 11 GCSE Food Preparation and Nutrition

I am writing to inform you that your child is now preparing for their second Non-Examination Assessment (NEA). This controlled assessment involves researching, preparing and cooking 3 dishes with accompaniments if appropriate. This is worth 35% of the total mark for GCSE Food Preparation and Nutrition.

We will provide students with guidance, examples and resources in lessons however, just like their first NEA, there are limitations to the kind of support we, as teachers, can offer due to exam board rules. We do expect students to be focused and independent throughout the assessment period however if your child is absent from lessons, we will offer after school catch up sessions towards the deadline. As per the exam board guidance, students must only complete their written coursework under direct teacher supervision in school however they may make basic handwritten notes at home. We do encourage all parent/carers to discuss the coursework with their child at home.

As part of their assessment, students will have three lessons to trial dishes and then a three-hour controlled practical exam where they will prepare their final three planned dishes and accompaniments. All GCSE Food students will be split up into different exam days to allow students to have more space in the kitchen.

The controlled practical exams will be taking place Monday 09 to Thursday 12 February 2026.

Students will be taken 'off timetable' for all 6 periods to allow clearing up, photography and evaluation work. We will inform students nearer the time of their specific exam date. Students will need to provide their own ingredients as well as any dishes or props to gain marks for presentation. We do have a stock of basic dishes and will obviously provide additional equipment and resources where possible.

We really appreciate that providing ingredients is costly, however, high marks are awarded for well executed dishes that demonstrate high quality skills and are presented beautifully – the ingredients do not have to be expensive. Ingredient quantities in recipes can be adjusted to make single portions which is more acceptable for exam purposes.

The assessment deadline is Friday 13 March 2026

Please find below a breakdown of how the assessment will be conducted.

Thank you all for your continued support and if you require any further information or have any queries, please do not hesitate to contact us.

Yours sincerely

Julia Morris & Ben Hicken
Design and Technology

Term 2	
Week commencing	Activity
24 th November	Initial response to brief and plan of action
1 st December	Secondary research
8 th December	Primary research
15 th December	Identify trial dishes

Term 3	
Week commencing	Activity
5 th January	Trial dish practical 1
12 th January	Trial dish practical 2
19 th January	Trial dish practical 3
26 th January	Choosing final menu
2 nd February	Time plan
9 th February	NEA 2 Controlled Practical Exam – 3 hours

Term 4	
Week commencing	Activity
23 rd February	Exam evaluation
2 nd March	Final Conclusion
9 th March	NEA 2 Deadline