



Kings
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25 September 2026

Dear Parents/ Carers

GCSE Food Preparation and Nutrition – NEA Exam

Year 11 GCSE Food Preparation and Nutrition students will be conducting the food science investigations part of their NEA1 (Non-Exam Assessment, worth 15% of the total grade) during the week commencing Monday 5 October 2026. Students are expected to attend and have already been told which day their assessment will take place.

The exam board brief is: *“Investigate the functional and chemical properties of ingredients to set a chilled dessert.”* Students have been planning their practicals and are reminded that they are being judged on their scientific investigation skills, not their cooking skills. They only need to make small quantities of their chosen chilled dessert, focusing solely on the specific component they are testing. For example, if their dessert is a trifle, they might test how different quantities of gelatine affect the set of a jelly by making three separate ramekins. They will then write up their findings. In total, they need to conduct three to four experiments, changing one independent variable across three different test samples per experiment.

Students must hand in this piece of work before the October half-term. After the break, they will begin NEA2, which contributes 35% towards their final grade. We will update you on the finer details of the NEA2 practicals in November, once the exam board has released the topic.

Please also be aware that revision should begin now in anticipation of the PPEs (mock exams) in November. Students can use their exercise books from last year, their revision guides, and the extensive revision materials available on Microsoft Teams. Revision is just as essential for Food Preparation and Nutrition as it is for any other subject, as the exam is highly technical and scientific.

Thank you for your continued support

Yours sincerely

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