



SEAFORD HEAD SCHOOL

Achieving Excellence Together

February 2026

Dear Parents and Carers

YEAR 11 FOOD PREPARATION AND NUTRITION

As part of the food and nutrition GCSE course, students must complete a Non-Examination Assessment, which is worth 50% of their overall qualification. The NEA Task requires students to plan, prepare and cook three dishes according to their chosen theme.

The students have made a great start to understanding the requirements of the task and have started to carry out making their '*technical skills*' dishes. Following this they will then be required to cook the *final* menu of three dishes in three hours during a formal examination.

To achieve the best possible outcomes for these students I would like to give them enough time to carry out their final cook including their analysis and evaluation. They will be completing their NEA 2 practical assessment on either **Wed 11th March or Thurs 12th March. The timings for this exam are 8.45am-1.25pm.** The students will need to ensure they are in on time **by 8.35am** to register with Mrs Feneron. The students have been told which day they will be doing their exam; the list has been emailed to students and is on Teams.

Please discuss this NEA assessment with your child to help with the planning and preparation. The final menu of three dishes will need to be planned: what the practical involves and what ingredients/equipment will be needed. The students will need to come prepared with their ingredients weighed out, recipe sheets to follow and a dovetail time plan for making both dishes (they will write a time plan at school). They will need to consider the presentation of their dishes as these will all be photographed and sent with their coursework.

I hope you find this information useful and would like to thank you for your continuing support.

Please contact me if you have any further questions: victoriafeneron@seafordhead.org

Yours sincerely

Mrs Feneron
Head of Food and Nutrition



Part of the
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