



Syllabus

Cambridge O Level

Food & Nutrition 6065

Use this syllabus for exams in 2023, 2024 and 2025.
Exams are available in the June and November series.



Why choose Cambridge International?

Cambridge International prepares school students for life, helping them develop an informed curiosity and a lasting passion for learning. We are part of the University of Cambridge.

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Our programmes and qualifications set the global standard for international education. They are created by subject experts, rooted in academic rigour and reflect the latest educational research. They provide a strong platform for learners to progress from one stage to the next, and are well supported by teaching and learning resources.

Our mission is to provide educational benefit through provision of international programmes and qualifications for school education and to be the world leader in this field. Together with schools, we develop Cambridge learners who are confident, responsible, reflective, innovative and engaged – equipped for success in the modern world.

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'We think the Cambridge curriculum is superb preparation for university.'

Christoph Guttentag, Dean of Undergraduate Admissions, Duke University, USA



Quality management

Cambridge International is committed to providing exceptional quality. In line with this commitment, our quality management system for the provision of international qualifications and education programmes for students aged 5 to 19 is independently certified as meeting the internationally recognised standard, ISO 9001:2015. Learn more at www.cambridgeinternational.org/ISO9001

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Important: Changes to this syllabus

For information about changes to this syllabus for 2023, 2024 and 2025, go to page 23.

The latest syllabus is version 1, published September 2020. There are no significant changes which affect teaching.



1 Why choose this syllabus?

Key benefits

Cambridge O Level is typically for 14 to 16 year olds and is an internationally recognised qualification. It has been designed especially for an international market and is sensitive to the needs of different countries. Cambridge O Level is designed for learners whose first language may not be English, and this is acknowledged throughout the examination process.

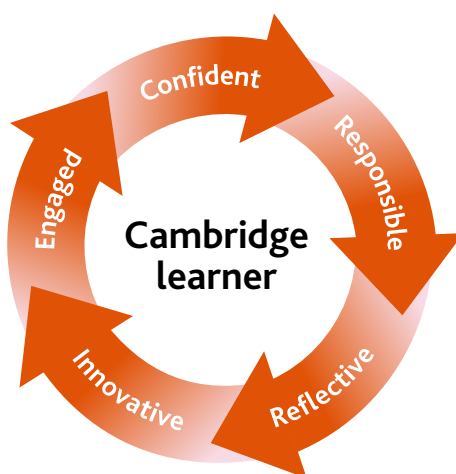
Our programmes balance a thorough knowledge and understanding of a subject and help to develop the skills learners need for their next steps in education or employment.

Cambridge O Level Food & Nutrition gives candidates the chance to develop their knowledge and skills in an area that is relevant to their own lives and also through understanding where food and nutrition fits in the modern, changing, multi-cultural society.

Successful **Cambridge O Level Food & Nutrition** candidates gain lifelong skills, including:

- an understanding of nutrition and of health problems related to diet
- an understanding of how socio-economic factors affect diet
- an awareness of how eating patterns and dietary needs depend on age and social group
- an awareness of how the position of the consumer differs in developed and less-developed economies
- the ability to assess the effectiveness and validity of claims made by advertisers
- aesthetic and social sensitivity to dietary patterns
- an interest in the creative aspect and enjoyment of food
- skills necessary for food preparation and food preservation
- the ability to organise and manage family food resources and to use food resources effectively in everyday life
- knowledge of safety and hygiene requirements.

Our approach in Cambridge O Level Food & Nutrition encourages learners to be:



'Cambridge O Level has helped me develop thinking and analytical skills which will go a long way in helping me with advanced studies.'

Kamal Khan Virk, former student at Beaconhouse Garden Town Secondary School, Pakistan, who went on to study Actuarial Science at the London School of Economics

International recognition and acceptance

Our expertise in curriculum, teaching and learning, and assessment is the basis for the recognition of our programmes and qualifications around the world. The combination of knowledge and skills in Cambridge O Level Food & Nutrition gives learners a solid foundation for further study. Candidates who achieve grades A* to C are well prepared to follow a wide range of courses including Cambridge International AS and A Levels.

Cambridge O Levels are accepted and valued by leading universities and employers around the world as evidence of academic achievement. Many universities require a combination of Cambridge International AS & A Levels and Cambridge O Levels or equivalent to meet their entry requirements.

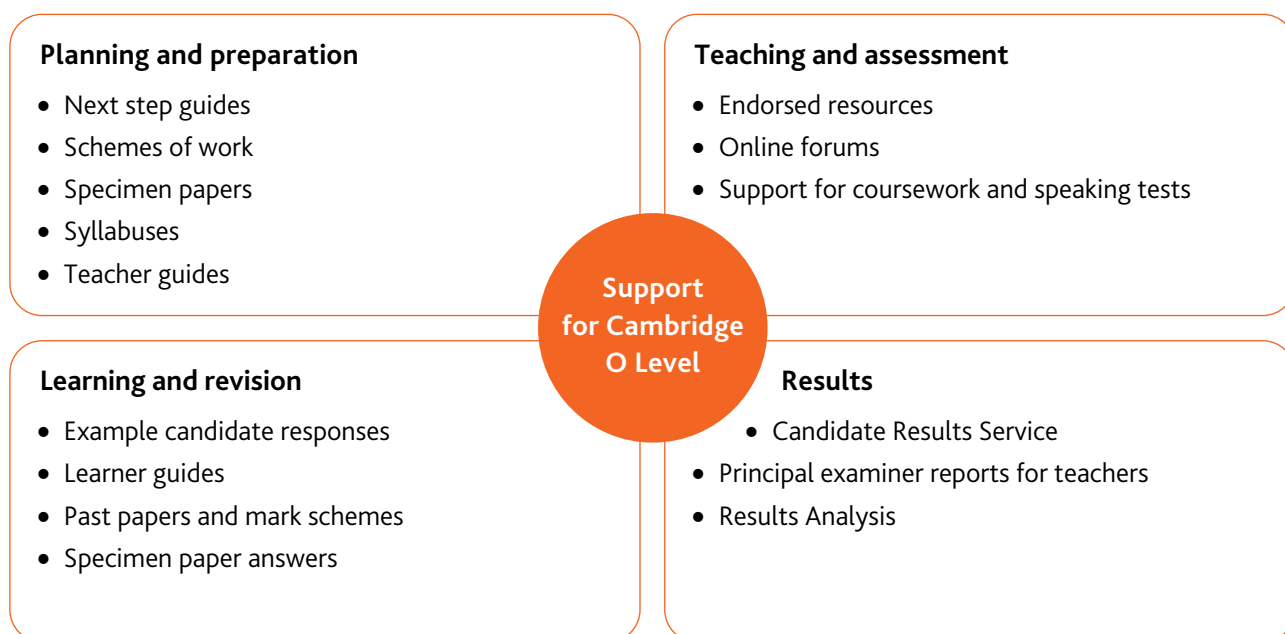
Learn more at www.cambridgeinternational.org/recognition

Supporting teachers

We provide a wide range of resources, detailed guidance and innovative training and professional development so that you can give your students the best possible preparation for Cambridge O Level. To find out which resources are available for each syllabus go to our School Support Hub.

The School Support Hub is our secure online site for Cambridge teachers where you can find the resources you need to deliver our programmes. You can also keep up to date with your subject and the global Cambridge community through our online discussion forums.

Find out more at www.cambridgeinternational.org/support



Sign up for email notifications about changes to syllabuses, including new and revised products and services at www.cambridgeinternational.org/syllabusupdates

Professional development

We support teachers through:

- Introductory Training – face-to-face or online
- Extension Training – face-to-face or online
- Enrichment Professional Development – face-to-face or online

Find out more at www.cambridgeinternational.org/events

- Cambridge Professional Development Qualifications

Find out more at www.cambridgeinternational.org/profdev



Supporting exams officers

We provide comprehensive support and guidance for all Cambridge exams officers. Find out more at: www.cambridgeinternational.org/eoguide

2 Syllabus overview

Aims

The aims describe the purposes of a course based on this syllabus.

The aims are to enable students to develop:

- an understanding of nutrition and health problems associated with diet
- an understanding and awareness of how socio-economic factors affect diet
- an understanding of eating patterns and dietary needs both for people of different ages and for differing groups within society
- an awareness of how the position of the consumer differs in developed and less-developed economies and how to assess the effectiveness and validity of claims made by advertisers
- an aesthetic and social sensitivity to dietary patterns
- an interest in the creative side and enjoyment of food and the skills necessary for food preparation and food preservation
- food-related knowledge and skills so that they can organise and manage family resources effectively according to the needs and lifestyles of family members
- an ability to make informed judgements and choices about the use of food available to the family unit in everyday life
- an awareness of relevant mandatory and other necessary safety and hygiene requirements.

Cambridge Assessment International Education is an education organisation and politically neutral. The contents of this syllabus, examination papers and associated materials do not endorse any political view. We endeavour to treat all aspects of the exam process neutrally.



Content overview

The syllabus is divided into 14 topics designed to develop students' knowledge and skills in an area that is relevant to their own lives and also through understanding where food and nutrition fits in the modern, changing, multi-cultural society.

- 1 Nutritional terms
- 2 Nutritive value of food
- 3 Digestion and absorption
- 4 Meal planning and dietary guidelines
- 5 Composition and value of the main foods in the diet
- 6 Cooking of food
- 7 Convenience foods
- 8 Basic proportions and methods of making
- 9 Raising agents
- 10 Food spoilage and hygiene
- 11 Food preservation
- 12 Kitchen planning
- 13 Kitchen equipment
- 14 Kitchen safety and first aid

Candidates must apply knowledge gained from the Food & Nutrition syllabus and use practical skills in a way that keeps in mind factors such as personal/family needs and lifestyles, available money and foodstuffs, and how diet relates to health.

The centre should be satisfied that there are appropriate facilities and equipment for the practical component of the assessment. Each candidate should have sole use of a European-type cooker or stove, a range of basic cooking equipment and access to labour-saving equipment during the Practical Test.

Basic Equipment

Bowls, scales, measuring equipment, various knives for different purposes, various spoons and spatulas, baking tins, cake tins, greaseproof paper, etc.

Specialised Equipment

Hand whisk, draining spoons, graters, pressure cookers, etc.

Desirable Equipment (not essential)

Electric mixers, liquidisers/blenders, etc.

It is expected that candidates will have access to refrigerators and freezers.

Practical Examiners must be qualified to teach this subject at this level.

This O Level syllabus shares content with other Food & Nutrition syllabuses. For further support see the School Support Hub for IGCSE Food & Nutrition. Textbooks endorsed to support IGCSE Food & Nutrition are suitable for use with this syllabus.



Assessment overview

All candidates take two components. Candidates will be eligible for grades A* to G.

All candidates take:	and:
<p>Paper 1 2 hours</p> <p>Theory 50%</p> <p>100 marks</p> <p>Short, structured and extended response questions.</p> <p>This paper tests the subject content in section 3. These questions will assess AO1, AO2 and AO3.</p> <p>Externally assessed</p>	<p>Paper 2 2 hours 30 minutes (plus a 1 hour 30 minutes Planning Session)</p> <p>Practical Test 50%</p> <p>100 marks</p> <p>The Practical Test is split into two parts:</p> <ul style="list-style-type: none"> • Planning Session, 1 hour 30 minutes. Candidates are given their allocated test question and complete three Preparation Sheets. • Practical Test, 2 hours 30 minutes. Candidates carry out the Practical Test. <p>The test will assess AO1, AO2 and AO3.</p> <p>Internally assessed and externally moderated</p>

Information on availability is in the **Before you start** section.

Check the timetable at www.cambridgeinternational.org/timetables for the test date window for Paper 2.

Check the samples database at www.cambridgeinternational.org/samples for submission information, forms and deadlines for Paper 2.

Assessment objectives

The assessment objectives (AOs) are:

AO1 Knowledge with understanding

Candidates are expected to:

- use scientific and technological vocabulary and terminology correctly
- show their understanding of how diet and nutritional requirements are affected by social, economic and environmental factors
- show their understanding of scientific principles, definitions and theories
- choose suitable equipment and tools and use them correctly
- show their understanding of safety and hygiene rules and regulations
- show their understanding of basic quantities and methods and of the importance of accurate measurement.

AO2 Handling information and solving problems

Candidates are expected to:

- read and interpret information
- translate information from one form to another
- follow and give instructions
- make use of numerical and other data
- organise and manage time, money, energy/effort, materials, equipment and tools, and interests according to the stated criteria for a given situation
- estimate and measure accurately area, capacity, mass, quantity, shape, size, temperature, time and weight.

AO3 Experimental skills and investigations

Candidates are expected to:

- identify problems
- follow and give instructions
- test and compare methods, materials and equipment used in food preparation
- find and interpret evidence for making judgements and choices
- give reasons for judgements and choices in the light of the evidence
- identify priorities
- assess and evaluate the effectiveness of the course of action
- observe and record observations.

Weighting for assessment objectives

The approximate weightings allocated to each of the assessment objectives (AOs) are summarised below.

Assessment objectives as a percentage of the qualification

Assessment objective	Weighting in O Level %
AO1 Knowledge with understanding	40
AO2 Handling information and solving problems	40
AO3 Experimental skills and investigations	20
Total	100

Assessment objectives as a percentage of each component

Assessment objective	Weighting in components %	
	Paper 1	Paper 2
AO1 Knowledge with understanding	60	15
AO2 Handling information and solving problems	20	60
AO3 Experimental skills and investigations	20	25
Total	100	100

3 Subject content

This syllabus gives you the flexibility to design a course that will interest, challenge and engage your learners. Where appropriate you are responsible for selecting suitable subject contexts, resources and examples to support your learners' study. These should be appropriate for the learners' age, cultural background and learning context as well as complying with your school policies and local legal requirements.

1 Terms used in nutrition and nutrition-related problems

Understand the terms used in nutrition and nutrition-related problems:

Diet, balanced diet, metabolism, malnutrition, undernutrition, overnutrition, deficiency disease.

2 Nutritive value of foods

The sources and functions of:

- proteins (high biological and low biological value), carbohydrates (monosaccharide, disaccharide and polysaccharide)
- fats
- vitamins (A, C, D, E, K, B group – thiamin, riboflavin, nicotinic acid and cobalamin)
- mineral elements (calcium, iron, phosphorous, potassium, sodium, fluoride, chloride, iodide)
- water

Sources and uses of food energy.

Sources and functions of non-starch polysaccharide (NSP)/dietary fibre.

3 Digestion and absorption

Digestion at each stage of the digestive system:

- mouth
- stomach
- duodenum
- ileum

Enzymes as catalysts in digestion, including amylase, erepsin, invertase, lactase, lipase, maltase, pepsin, rennin, trypsinogen.

Role of bile in emulsifying fats.

Absorption of nutrients, including the structure of ileum.

4 Meal planning and dietary guidelines

Factors affecting food requirements.

Planning and serving of family meals.

Meals for different ages, occupations, cultures and religions.

Special needs of:

- pregnant and lactating women
- people with food allergies and intolerances, including coeliacs
- people with medical conditions linked to diet, such as diabetes
- convalescents
- vegetarians, including vegans and lacto-vegetarians

Meals for special occasions, festivals, packed meals, snacks, beverages.

Use of herbs, spices and garnishes.

Attractive presentation of food.

Terminology describing recommended dietary intakes, e.g. Dietary Reference Value (DRV) and Reference Daily Intake (RDI).

Use of nutritional tools.

5 Composition and value of the main foods in the diet

Sources of protein (dairy products, eggs, fish, meat, soya); cereals (maize, millets, oats, rice, wheat); fruits and vegetables, including pulses and nuts; fats and oils.

6 Cooking of food

Transfer of heat by conduction, convection and radiation. Principles involved in the different methods of cooking – baking, boiling, braising, cooking in a microwave oven, frying, grilling, poaching, pressure cooking, roasting, simmering, steaming, stewing, use of a slow cooker.

Reasons for cooking food.

Sensory properties of food (flavour, taste, texture).

Effect of dry and moist heat on proteins, fats and oils, sugars and starches, and vitamins to include:

- caramelisation
- coagulation
- dextrinisation
- enzymic and non-enzymic browning (Maillard reaction)
- gelatinisation
- rancidity
- smoking point

Preparation and cooking of food to preserve nutritive value.

Economical use of food, equipment, fuel and labour.

7 Convenience foods

Foods partly or totally prepared by a food manufacturer – dehydrated, tinned, frozen, ready-to-eat, cook-chill.

Intelligent use of these foods.

Advantages and disadvantages.

Food additives – types and function.

Packaging – types, materials used, advantages and disadvantages.

Labelling – information found on labels, reasons for it.

8 Basic proportions and methods of making

Biscuits, cookies, scones and cakes made by creaming, melting, one-stage, rubbing-in and whisking methods.

Pastries – shortcrust, flaky and rough puff.

Sauces – pouring and coating; roux and blended methods.

Batters – thin (pouring) and coating.

Sweet and savoury yeast products.

9 Raising agents

Air, carbon dioxide, water vapour.

Ways of introducing these gases into a mixture (to include bicarbonate of soda, baking powder, yeast).

10 Food spoilage and hygiene

Action of enzymes, bacteria, yeasts and moulds.

Personal, food and kitchen hygiene, including food hygiene in shops and markets.

Food storage at home, refrigeration, waste disposal.

11 Food preservation

Reasons for preserving food.

Methods of preservation and an understanding of the principles involved:

- heating – canning, bottling
- removal of moisture – dehydrating
- reduction in temperature – freezing
- chemical preservation – sugar, salt, vinegar
- modified atmosphere packaging
- irradiation

Key points involved in milk pasteurisation and sterilisation and in the production of UHT milk, evaporated and condensed milk, and dried milk.

The use of enzymes and bacteria in the manufacture of cheese and yoghurt.

12 Kitchen planning

Organisation of cooking area and equipment for efficient work.

Choice, use and care of:

- work surfaces
- flooring
- walls and wall coverings
- lighting
- ventilation

13 Kitchen equipment

Choice, use and care of:

- modern cookers
- thermostatic control and automatic time-controlled ovens
- microwave ovens
- slow electric cook pots
- refrigerators and freezers
- small kitchen equipment, e.g. knives, pans
- small electrical kitchen equipment, e.g. food processors, electric kettles

Advantages and disadvantages of microwave ovens.

14 Kitchen safety and first aid

Awareness of potential danger areas in the kitchen.

Safety precautions.

First aid for burns and scalds, cuts, electric shock, fainting, shock.

4 Details of the assessment

All candidates take two papers.

Paper 1 – Theory

Written paper, 2 hours, 100 marks

Section A: 40 marks

Candidates answer all questions.

Short answer questions and structured questions.

Section B: 45 marks

Candidates answer all questions.

Short answer questions and structured questions.

Section C: 15 marks

Candidates answer one question from a choice of two in Section C. Each question is worth 15 marks.

Extended response question.

Paper 1 tests AO1, AO2 and AO3.

Externally assessed.

Paper 2 – Practical Test

100 marks

The Practical Test takes place within a test window. Please refer to the *Cambridge Handbook* and the Instructions for details of the test window for the Practical Test.

Centres must follow the guidance given in the *Cambridge Handbook* and in the *Food & Nutrition Practical Test Handbook* which is available to download from the School Support Hub at www.cambridgeinternational.org/support

The Practical Test consists of two discrete parts. The Planning Session (1 hour 30 minutes) and the Practical Test (2 hours and 30 minutes).

Planning Session 1 hour 30 minutes

Candidates have a Planning Session one week before the Practical Test.

At the start of the Planning Session, candidates are given their allocated test question (as detailed in the Instructions) and three Preparation Sheets. At the end of the Planning Session, all three Preparation Sheets are returned to the Practical Examiner.

Practical Test 2 hours 30 minutes

At the start of the Practical Test copies of the Preparation Sheets are given to the candidate.

The candidate uses the Preparation Sheets they have completed during the Planning Session to organise their time, prepare and serve the required number and type of meals and dishes.

This component tests assessment objective AO1, AO2 and AO3.

Internally assessed and externally moderated.

The role of the Practical Examiner is conducted by a teacher within your centre.

Practical Test Administration

Centres should open the packet containing the Instructions as soon as it is received. The Instructions contain further guidance for the administration of the Practical Test as well as details about when the packets containing the question paper and mark scheme can be opened.

Please refer to the *Cambridge Handbook* and the Instructions for details of the test window for the Practical Test.

Centres should give Practical Examiners access to the Instructions, the generic mark scheme and a specific mark scheme for Choice and Quality/Results for the relevant examination series. Detailed guidelines are available in the *Food & Nutrition Practical Test Handbook* which is available to download from the School Support Hub at www.cambridgeinternational.org/support

Candidates are given a specific test question according to the Instructions. They are expected to complete three Preparation Sheets within the planning time limit of 1 hour 30 minutes.

On the day of the Planning Session for the Practical Test, each candidate is given the question paper and told which test is allocated to them, as well as the three Preparation Sheets:

- Choice and Recipes
 - Time plan
 - Shopping List
- } Plan of work

The Preparation Sheets and the instructions for completion must be downloaded from www.cambridgeinternational.org/samples. A copy must be made of each sheet completed by the candidate, one for the Practical Examiner and one for use by the candidate in the Practical Test.

Choice and Recipes

Candidates list the names of the dishes they have chosen in the correct order to answer the question set. Next to each named dish they must give a list of the exact quantities of ingredients required to make the dish.

Time Plan

Candidates must show clearly how they plan to cook their chosen dishes within the time limit of 2 hours 30 minutes. For each dish, they must include methods, cooking times, temperatures, washing up and serving details. They must show a sensible sequence for serving the dishes (hot, if required) at the end of the test time. Candidates should list any special points such as special tools, preparation methods and consistencies.

Shopping List

Candidates must list the correct total quantities of all ingredients in the sections for the different types of foods. In the section for special equipment, they should list items such as cooking dishes, serving dishes, etc.

At the end of the Planning Session, the centre should photocopy the Preparation Sheets. Centres should keep the original of all three Preparation Sheets securely and should make them available to the Practical Examiner; the Practical Examiner must mark these sheets **before** the actual cooking.

Centres should keep the Preparation Sheets securely. The duplicate copies should be returned to the candidates on the day of the Practical Test so that they can be used during cooking. The duplicate sheets must be collected in at the end of the Practical Test and held securely at the centre until the publication of results.

Centres should give the copy of the Shopping List to the teacher as soon as possible, so that he or she can order ingredients for each candidate.

Allocation of marks

Practical Examiners should record the marks on the Practical Test Working Mark Sheet which must be downloaded each year from the samples database at www.cambridgeinternational.org/samples. The database will ask you for your country/territory and the syllabus code (i.e. 6065) after which it will take you to the correct forms. Follow the instructions on the form to complete it.

The total of 150 is divided as follows:

- 1 Preparation session 50
- 2 Method of working 55
- 3 Quality/Results 35
- 4 Serving and appearance 10

The total mark out of 150 is scaled to give a mark out of 100 for each candidate. For the conversion chart see the *Food & Nutrition Practical Test Handbook*.

Practical Test Working Mark Sheet

- 1 Use one copy for each candidate.
- 2 Mark the three Preparation Sheets **before** the actual cooking, using the specific mark scheme for Choice and the generic mark scheme. Transfer these marks to the **Planning** section of the *Practical Test Working Mark Sheet*. Give comments/annotation to explain how you have awarded marks.
- 3 Record on the *Practical Test Working Mark Sheet* the maximum mark available for the Quality/Results of each dish, taking into account the correct choice of dishes and level of skill shown.
- 4 While the candidates are cooking the dishes that they have planned, complete the **Method of working**, **Quality/Results** and **Serving and appearance** sections, using the specific mark scheme for Quality/Results and the generic mark scheme. It is particularly important that you include comments/annotation in these sections to support the marks you have awarded. The *Practical Test Working Mark Sheet* and the instructions for completion must be downloaded each year from www.cambridgeinternational.org/samples

Practical Test Summary Mark Sheet

Each centre must provide a *Practical Test Summary Mark Sheet*. Practical Examiners should complete this, listing (in correct examination order) the candidate numbers, names, test numbers, marks for each section of the work, a total mark (out of 150) and a **scaled final mark** (out of 100) for each candidate. An independent person should check the addition of marks.

The *Practical Test Summary Mark Sheet* and the instructions for completion must be downloaded each year from the samples database at www.cambridgeinternational.org/samples

Internal moderation

If more than one teacher in your centre is marking internal assessments, you must make arrangements to moderate or standardise your teachers' marking so that all candidates are assessed to a common standard. (If only one teacher is marking internal assessments, no internal moderation is necessary.) You can find further information on the process of internal moderation on the samples database at www.cambridgeinternational.org/samples

You should record the internally moderated marks for all candidates on the *Practical Test Summary Mark Sheet* and submit these marks to Cambridge International according to the instructions set out in the *Cambridge Handbook* for the relevant year of assessment.

External moderation

Cambridge International will externally moderate all internally assessed components.

Send the following items to Cambridge International, immediately after all the practical sessions have been completed:

- marked original copies of the candidates' Preparation Sheets
- one completed *Practical Test Working Mark Sheet* per candidate
- one copy of the *Practical Test Summary Mark Sheet* per centre
- the Practical Examiner's report for each practical session held (supplied with the Instructions)
- a hard copy of a good quality colour photograph of each candidate's serving table with completed dishes labelled with the candidate's number, name and test number.

The samples database at www.cambridgeinternational.org/samples also provides details of how to submit the marks and work.

External moderators will produce a short report for each centre with feedback on your marking and administration of the assessment.

Generic mark scheme

The detailed mark scheme allows practical examiners to keep a uniform standard. The generic mark scheme should be used in combination with the specific mark scheme for Choice and Quality/Results provided by Cambridge International for each examination series.

Detailed allocation of marks

1 Planning session	(maximum 50 marks)	Choice and Recipes	25 marks
		Plan of Work	25 marks

Choice and Recipes

Choice (maximum 20 marks)

Candidates should choose dishes that meet the requirements of the specific tasks and that:

- 1 show a variety of skills and processes
- 2 combine to form well-balanced meals
- 3 have attractive appearance
- 4 show thought for economy in fuel and food
- 5 show an awareness of the time available for cooking and serving.

Candidates should choose quantities that are appropriate for the number being served.

Examiners should give credit for variety in texture and for inclusion of local fruit and vegetables.

Recipes (maximum 5 marks)

Candidates must clearly list the dishes they have chosen, giving the quantity of each ingredient for each dish.

Plan of Work

Time Plan (maximum 23 marks)

- 1 Candidates should give a logical **sequence** of work, from the beginning of the test to final serving, with each item followed through to serving stage. This is the most important part of the plan. Candidates should be able to show that they know exactly what they are going to do throughout the test time and must write it down in clear order, with enough time given to each section. (10 marks)
- 2 Candidates must indicate the **method** for each dish clearly: for example, make cake – creaming method; make sauce – roux method. (5 marks)
- 3 Candidates must give the **oven temperature** needed for each dish and the cooking time (although this can be included in the Choice section). (3 marks)
- 4 Candidates should allow time for **cleaning** and dish-washing at convenient points in the plan (not necessarily after every dish). (3 marks)
- 5 Candidates should show the time that they have allowed for **servicing** meals, in the correct order of courses. They do not need to give detailed timing – it is better for them to give a sensible guide. (2 marks)

Shopping List (maximum 2 marks)

Candidates must list the correct total quantities of ingredients needed under the correct headings. They should also list any special equipment and serving dishes that they need.

2 Method of working (maximum 55 marks)

As a general guide, Practical Examiners should give 28 out of 55 for methods that just deserve a pass, 33 out of 55 for a really sound pass and 44 out of 55 for very good methods, excellent timing and a variety of skills shown – they should only give this mark to a very able candidate. Practical Examiners must not give more than 25 out of 55 to a candidate who shows little skill and who has not chosen enough dishes for the available time.

Most candidates will probably get between 28 and 43 marks.

Practical Examiners should consider the following points when deciding on this mark. Cambridge International has provided these sections to guide the Practical Examiner in choosing the total mark for this section. For further guidance, please refer to the *Practical Test Handbook*.

- (a) The candidate's **general approach** should be business-like and confident, and should show that she/he has knowledge and clear understanding of the recipes and methods being used, as well as good timing and organisation throughout the test. (5 marks)
- (b) **Manipulation** – correct use of tools, skill in handling mixtures and large and small equipment. Correct preparation of fish, meat, vegetables, fruit, seasonings and flavourings, etc. Note that the maximum mark available for manipulation should be reduced for low-skilled dishes. (20 marks)
- (c) Judgement of **consistencies** of various mixtures (for example, scone mixtures, cake mixture, etc.) before actual cooking. (10 marks)
- (d) Good **hygienic** methods and **economy** in using fuel and food. (5 + 5 marks)
- (e) **Oven management** – control of heat on top of the stove. Knowledge of correct oven temperatures and positioning of dishes in the oven. Control of heat in microwave ovens, grills, hob and deep-fat fryers. (5 marks)
- (f) **Tidy and methodical work** throughout. If a candidate is extremely untidy, then the Practical Examiner can take off more than five marks. If this happens, the examiner should make a comment on the *Practical Test Working Mark Sheet*. (5 marks)

3 Quality/Results (maximum 35 marks)

Practical Examiners must taste all dishes and mark each dish according to flavour, texture and edibility. They must lower the maximum mark available for simple dishes involving little skill and halve the maximum mark available for an initial *incorrect* choice of dish. If this number is a decimal, it should be rounded down to the next whole mark. Dishes added after the planning session has been completed must not be given a mark.

When assessing the quality of finished dishes, Practical Examiners should add comments on the *Practical Test Working Mark Sheet* about the flavour, texture and edibility of each dish.

Serving and appearance are assessed separately.

4 Serving and appearance (maximum 10 marks (usually 5 + 5))

Serving – sequence of serving meal, correct temperature of food and serving dishes.

Appearance – attractive presentation, tasteful garnishing and decoration. Cleanliness of dishes and tablecloth.

One hard copy of a good quality colour photograph of each candidate's serving table with completed dishes is required for moderating purposes.

Important note: Examiners must scale the raw mark out of 150 to a mark out of 100. For the conversion chart see the *Food & Nutrition Practical Test Handbook*. Centres are encouraged to complete the *Practical Test Working Mark Sheet* and *Practical Test Summary Mark Sheet* electronically to ensure scaling is correct.

5 What else you need to know

This section is an overview of other information you need to know about this syllabus. It will help to share the administrative information with your exams officer so they know when you will need their support. Find more information about our administrative processes at www.cambridgeinternational.org/eoguide

Before you start

Previous study

We do not expect learners starting this course to have previously studied food and nutrition.

Guided learning hours

We design Cambridge O Level syllabuses based on learners having about 130 guided learning hours for each subject during the course but this is for guidance only. The number of hours a learner needs to achieve the qualification may vary according to local practice and their previous experience of the subject.

Availability and timetables

All Cambridge schools are allocated to one of six administrative zones. Each zone has a specific timetable. This syllabus is **not** available in all administrative zones.

Cambridge O Levels are available to centres in administrative zones 3, 4 and 5.

You can enter candidates in the June and November exam series. You can view the timetable for your administrative zone at www.cambridgeinternational.org/timetables

Check you are using the syllabus for the year the candidate is taking the exam.

Private candidates cannot enter for this syllabus.

Combining with other syllabuses

Candidates can take this syllabus alongside other Cambridge International syllabuses in a single exam series. The only exceptions are:

- Cambridge IGCSE™ Food & Nutrition (0648)
- syllabuses with the same title at the same level.

Cambridge O Level, Cambridge IGCSE and Cambridge IGCSE (9–1) syllabuses are at the same level..

Making entries

Exams officers are responsible for submitting entries to Cambridge International. We encourage them to work closely with you to make sure they enter the right number of candidates for the right combination of syllabus components. Entry option codes and instructions for submitting entries are in the *Cambridge Guide to Making Entries*. Your exams officer has a copy of this guide.

Exam administration

To keep our exams secure, we produce question papers for different areas of the world, known as administrative zones. We allocate all Cambridge schools to one administrative zone determined by their location. Each zone has a specific timetable. Some of our syllabuses offer candidates different assessment options. An entry option code is used to identify the components the candidate will take relevant to the administrative zone and the available assessment options.

Support for exams officers

We know how important exams officers are to the successful running of exams. We provide them with the support they need to make your entries on time. Your exams officer will find this support, and guidance for all other phases of the Cambridge Exams Cycle, at www.cambridgeinternational.org/eoguide

Retakes and carrying forward marks

Candidates can retake the whole qualification as many times as they want to. Information on retake entries is at www.cambridgeinternational.org/entries

Candidates cannot resubmit, in whole or in part, a Practical Test from a previous series. To confirm if an option is available to carry forward marks for this syllabus, refer to the *Cambridge Guide to Making Entries* for the relevant series. Regulations for carrying forward internally assessed marks can be found in the *Cambridge Handbook* for the relevant year at www.cambridgeinternational.org/eoguide

Equality and inclusion

We have taken great care to avoid bias of any kind in the preparation of this syllabus and related assessment materials. In our effort to comply with the UK Equality Act (2010) we have taken all reasonable steps to avoid any direct and indirect discrimination.

The standard assessment arrangements may present barriers for candidates with impairments. Where a candidate is eligible, we may be able to make arrangements to enable that candidate to access assessments and receive recognition of their attainment. We do not agree access arrangements if they give candidates an unfair advantage over others or if they compromise the standards being assessed.

Candidates who cannot access the assessment of any component may be able to receive an award based on the parts of the assessment they have completed.

Information on access arrangements is in the *Cambridge Handbook* at www.cambridgeinternational.org/eoguide

Language

This syllabus and the related assessment materials are available in English only.

After the exam

Grading and reporting

Grades A*, A, B, C, D or E indicate the standard a candidate achieved at Cambridge O Level.

A* is the highest and E is the lowest. 'Ungraded' means that the candidate's performance did not meet the standard required for grade E. 'Ungraded' is reported on the statement of results but not on the certificate.

In specific circumstances your candidates may see one of the following letters on their statement of results:

- Q (PENDING)
- X (NO RESULT).

These letters do not appear on the certificate.

On the statement of results and certificates, Cambridge O Level is shown as GENERAL CERTIFICATE OF EDUCATION (GCE O LEVEL).

How students and teachers can use the grades

Assessment at Cambridge O Level has two purposes:

- to measure learning and achievement

The assessment:

- confirms achievement and performance in relation to the knowledge, understanding and skills specified in the syllabus, to the levels described in the grade descriptions.

- to show likely future success

The outcomes:

- help predict which students are well prepared for a particular course or career and/or which students are more likely to be successful
- help students choose the most suitable course or career.

Grade descriptions

Grade descriptions are provided to give an indication of the standards of achievement candidates awarded particular grades are likely to show. Weakness in one aspect of the examination may be balanced by a better performance in some other aspect.

Grade descriptions for Cambridge O Level Food & Nutrition will be published after the first assessment of the syllabus in 2023. Find more information at www.cambridgeinternational.org/6065

Changes to this syllabus for 2023, 2024 and 2025

We have updated the look and feel of this document. The subject content remains the same.

This syllabus is version 1, published September 2020.

Minor changes to the wording of some sections have been made to improve clarity.

There are no significant changes which affect teaching.

You must read the whole syllabus before planning your teaching programme.

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