

## CAMBRIDGE IGCSE

# Food and Nutrition 0648

## Assessment Overview

Examinations 2026, 2027 and 2028

### How the qualification is assessed

The table shows the papers and components described for this syllabus. All candidates take the required components described below. A component's raw mark is the total available on that assessment; its weighting is the share of the qualification result, which may differ from its share of raw marks.

| Paper or component | Duration                                                  | Raw marks | Weighting | Question or task structure                                         |
|--------------------|-----------------------------------------------------------|-----------|-----------|--------------------------------------------------------------------|
| 1: Theory          | 2 h                                                       | 100       | 50%       | Compulsory Sections A/B; one of two extended responses in C        |
| 2: Practical Test  | 90 min planning, then 2 h 30 min practical one week later | 100       | 50%       | Choice of dishes, time plan, shopping list and practical execution |

Read the weighting against your qualification route. A longer paper or a larger raw-mark total does not automatically mean a greater final weighting. Prepare for every component that applies to you, including practical, oral or coursework requirements where specified.

### What each component requires

Assessment is divided equally between two papers.

Paper 1 is a two-hour theory examination worth one hundred marks and fifty per cent of the qualification. Sections A and B contain compulsory short-answer and structured questions. In Section C, you answer one extended-response question from a choice of two. The paper assesses subject knowledge, problem-solving and your understanding of practical food preparation.

Paper 2 is a practical assessment worth the remaining fifty per cent. It has two separate stages.

First, you complete a ninety-minute planning session one week before the practical test. After receiving your allocated task, you prepare three documents: your choice of dishes and recipes, a detailed time plan, and a shopping list.

You then complete a two-hour-and-thirty-minute practical test using copies of those preparation sheets. During this session, you organise your work, prepare and cook the required dishes, and serve them appropriately.

Assessment considers the quality of your planning, your cooking methods and organisation, the quality and results of the finished dishes, and their serving and appearance. Paper 2 is assessed internally by the centre and externally moderated by Cambridge.

Each paper contributes fifty per cent of the final result, and the qualification is graded from A star to G.

## Preparing the right kind of response

Theory answers need accurate scientific explanations and an appropriate response to the stated dietary or practical context. Practical preparation involves choosing suitable dishes, sequencing work, managing equipment and maintaining hygiene. Quality of method and organisation matters alongside presentation.

The assessment objectives are visible in the response itself: relevant knowledge, appropriate use of the stimulus or task, a clear method or explanation, and a conclusion where requested. The command word and mark allocation help show the depth required. An answer should respond to the actual question, not reproduce a memorised passage that only partly fits.

## Timing and examination arrangements

Begin preparation with accurate, untimed work, then move towards the duration and conditions of your required component. Use mark allocations to guide pacing while allowing time to read instructions and check the response. Any practice pacing advice is study guidance, not a new Cambridge time rule.

Examinations are available in June and November. Private candidates cannot enter for this syllabus because the practical test must be conducted, assessed and authenticated by an approved Cambridge centre.

An approved examination centre confirms entries, available component options, deadlines and any practical or speaking arrangements. Preparation-course access does not itself constitute an examination entry.

**Key pointers:** Know your required components, follow question choices precisely and practise the relevant response formats. **Next:** Open **Learning Resources** to see which materials support this preparation.