

CAMBRIDGE IGCSE

Food and Nutrition 0648

Syllabus Overview

Examinations 2026, 2027 and 2028

Understanding the whole syllabus

Food and Nutrition links the science of diet and ingredients with practical decisions in a kitchen. Nutrition, food safety, preparation methods and the use of resources support one another. A successful practical outcome depends on planning and organisation as well as the finished dishes.

For Food & Nutrition 0648, the content map below follows the approved subject briefing and the official syllabus. Labels group related areas for orientation; the detailed syllabus remains the authority for individual learning requirements.

Content map

Syllabus area or component	What the area covers
Nutrition and dietary needs	The syllabus begins with nutritional terms, the functions and sources of nutrients, and the processes of digestion and absorption. You will learn to apply dietary guidelines when planning meals for people with different ages, health needs, lifestyles and budgets.
Foods and the effects of preparation	You will also examine the composition and value of major foods and understand how preparation and cooking affect their texture, flavour and nutritional value.
Cooking, hygiene, preservation and equipment	Practical study includes common cooking methods, convenience foods, basic recipe proportions, mixtures and raising agents. You will also investigate food spoilage, hygiene, preservation, kitchen design, equipment, safety and essential first aid.
Linking theory with practical decisions	Throughout the course, you must connect theory with practical decision-making - selecting suitable ingredients, managing time, reducing waste and producing meals that meet a specific need.

These areas should be read as a connected course. Begin with the foundational knowledge identified in the first part of the map, then build towards the applications and explanations that depend on it. Connect each practical technique with its scientific reason. Keep dietary requirements, ingredient functions, safe working practices and time planning visible as you prepare for both components. Where a row describes a choice of topics or components, study the selection required by your agreed route rather than treating all alternatives as compulsory.

Qualification and component choices

All candidates follow the component structure shown in the Assessment Overview. There is no separate Core/Extended route in this syllabus.

The assessed skills

Assessment objectives describe the abilities Cambridge looks for across the qualification. The following explanations paraphrase the syllabus objectives; they are not additional topics or separate orientation tasks.

Assessment objective	Meaning for the learner
AO1 Knowledge with understanding	Select accurate subject knowledge, terminology and examples that answer the question, and explain their meaning.
AO2 Handling information and solving problems	Interpret the information, apply an appropriate method and explain the relationships or reasoning that support the answer.
AO3 Experimental skills and investigations	Plan and understand methods, record and interpret observations, and evaluate the quality of an investigation.

These abilities work together in an answer. Accurate knowledge supports application, while a clear explanation shows how the evidence or method leads to a conclusion. The balance varies by component, so the next lesson connects these abilities with the actual assessment formats.

Key pointers: Follow the stated examination-year syllabus, cover the required areas for your route and develop skills alongside knowledge. **Next:** Open **Assessment Overview**.