

# FOOD PREPARATION AND NUTRITION GCSE

## INTRODUCTION

The GCSE Food Preparation and Nutrition course equips students with an array of culinary techniques, as well as knowledge of nutrition, food traditions and kitchen safety. It's suitable for students with interest in health, fitness, food science as well as the catering industry. Students are able to do complex and creative practical work at GCSE level as we have more lesson time than in Year 9.

## WHAT WILL I LEARN?

GCSE Food Preparation and Nutrition is an exciting and creative course which focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials. At its heart, this qualification focuses on nurturing students' practical cookery skills to give them a strong understanding of nutrition.

Food preparation skills are divided into five topics:

- Food, nutrition and health
- Food science
- Food safety
- Food choice
- Food provenance



## HOW WILL I BE ASSESSED?

- **Written exam on Food preparation and nutrition**, worth 50% of the GCSE. This exam includes both multiple choice questions and five longer questions.
- **Written report** 15% (1,500–2,000 words and photographic evidence), on **Food investigation** looking at the working characteristics, functional and chemical properties of ingredients.
- **Portfolio of Food preparation assessment tasks 35%**, which demonstrate students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition. Students will prepare, cook and present a final menu of three dishes within a single period of no more than three hours, planning in advance how this will be achieved.

## ENTRY REQUIREMENTS

All students are welcome on the course; however, due to the nature of some of the activities, they will need to have shown a good understanding of Health and Safety in the food rooms during Year 9 to ensure acceptance onto the course. Students must be organised in bringing the right ingredients and be prepared to cook a range of foods. Financial constraints should not prevent a student from selecting this subject – please discuss any concerns with us.

## FUTURE OPPORTUNITIES

The course can lead onto further study of Food Science and Nutrition at A-Level and would be an ideal subject for anyone who wishes to develop a career in food science, or embark on an apprenticeship in the hospitality and catering industry. It is also a useful life skill and food and nutrition are now key focuses for the Government in tackling the health issues that are facing the population.

## FURTHER INFORMATION

We have two large fully equipped food rooms with special facilities for students who require accessibility as well as a range of electrical equipment which replicates the facilities of industrial kitchens such as bread makers, ice cream makers and food processors.

For further details please contact Mrs Mpofu, Head of Food Preparation and Nutrition.