

“Learn how to cook – try new recipes, learn from your mistakes, be fearless, and above all have fun!”

Julia Childs



WHY CHOOSE FOOD PREPARATION AND NUTRITION ?

Whether or not you have your sights set on a career in the food industry, knowing how to cook is an essential skill for life.

Of course, knowing how to look after yourself and your family is important, but cooking is also a source of great fun and enjoyment. If you choose this course you will have the chance to take part in lots of practical lessons and learn more about the ingredients that you are using – where they come from, how they work and their nutritional value.

HOW WILL FOOD PREPARATION AND NUTRITION HELP ME? WHAT SKILLS WILL I DEVELOP?

GCSE Food Preparation and Nutrition will help you learn the skills you will need to live independently and look after yourself and others. It will also prepare you for a wide variety of careers in food, hospitality or social care.

You will develop a variety of cookery skills including fruit, vegetable, meat and fish preparation, pasta, pastry, cake and bread making. You will learn how to present food professionally.



WHAT DOES THE COURSE INVOLVE? WHAT WILL I STUDY?

50% of your time will be spent undertaking practical work. This could be following recipes to practice skills and techniques. You will also carry out investigative work to explore the functions and characteristics of ingredients. For example, looking at the effect different sugars have in cake making. All practical activities are designed to support the five main areas of study - food, nutrition and health, food science, food safety, food choice and food provenance (where food comes from). You will learn more about these topics in theory lessons.

HOW WILL I LEARN?

Around half of your lessons will be practical, where you will practise the skills and techniques needed to make dishes or carry out investigative work to explore the functions and characteristics of ingredients. Theory lessons will also take place. These are essential in helping you consolidate your knowledge of the ingredients and cookery methods and techniques that you build in practical lessons. Homework and practice assessments will allow you to become an independent learner and really succeed in this GCSE.



HOW WILL I BE ASSESSED?

- ✓ **Component 1: Principles of Food Preparation and Nutrition**
Written examination: 1 hour 45 minutes - 50%
- ✓ This unit will consist of two sections both containing compulsory questions and will assess the theory content of the GCSE specification.
- ✓ **Section A:** questions based on specified topics.
- ✓ **Section B:** structured, short and extended response questions to assess content related to food preparation and nutrition.
- ✓ **Component 2: Food Preparation and Nutrition in Action**
Non-examination assessment: internally assessed, externally moderated
- ✓ **Food Preparation and Nutrition in Action**
Assessment 1: The Food Investigation Assessment - 8 hours
A scientific food investigation which will assess the learner's knowledge, skills and understanding in relation to scientific principles underlying the preparation and cooking of food. A report of 1500 words will be produced
- ✓ **Assessment 2: The Food Preparation Assessment - 12 hours**
Prepare, cook and present a menu which assesses the learner's knowledge, skills and understanding in relation to the planning, preparation, cooking and presentation of food.

These assessments will be based on a choice of tasks released by EDUQAS annually.

HOW CAN I PROGRESS?

This course prepares students for a career in one of the world's biggest industries, where roles include chefs, food product development, food retail, food scientists, environmental health officers and nutritionists.

However, the course also provides a grounding for those who aspire to roles within social care, such as nursing, or in childcare. Students can go on to study Hospitality and Catering, Food Science and Nutrition at 6th Form and continue these studies at university.