

Food & Nutrition

Qualification:
GCSE

Is this course for me?

The new Food Preparation and Nutrition GCSE is an exciting and creative course which focuses on practical cooking skills.

It would appeal to students who are genuinely interested in food and enjoy practical work. The majority of the course will be delivered through practical experiences. Students taking this subject need to be sufficiently well organised to bring ingredients to College on a regular basis.

What does the course involve?

The majority of key learning will be covered in Year 10; students will extend their subject knowledge and learn new practical skills. The course will cover the following sections: Food Preparation Skills including:

Knife skills	Preparing fruit and vegetables	Use of the cooker
Use of equipment	Cooking methods	Prepare, combine and shape
Sauce making	Tenderise and marinate	Dough
Raising agents	Setting mixtures	General practical skills

- Food, Nutrition and Health
- Food Safety
- Food Science
- Food Provenance
- Food Choice

Students will begin Task 1 of the non examination assessment at the start of Year 11. They will complete this in the autumn half-term. They will complete Task 2 in the spring term.

How will my work be assessed?

Component	Weighting
Single written examination (1 hour 45 minutes)	50%
Non exam assessment: Task 1: The Food Investigation (10 hours of class time). <i>(A choice of three given, e.g. investigate the use of raising agents in baked products).</i>	15%
Task 2: The Food Preparation Assessment (20 hours including one three hour period). <i>(A choice of three given, e.g. plan, prepare, cook and present a range of dishes, using a variety of skills, from the Mediterranean culinary tradition. Present three final dishes.</i>	35%

What can this lead to?

The course covers basic life skills and is intended to be useful as part of a broad balanced curriculum for all students.

It also links to a wide range of future careers including those in the food industry, catering and health and fitness.

For more details please contact:

MRS S A SOUTER – SUBJECT TEACHER