

FOOD PREPARATION AND NUTRITION GCSE

The 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 integrated into five core topics:

- food, nutrition and health;
- food science;
- food safety;
- food choice;
- food provenance.

Upon completion of this course, students will be qualified to go on to further study, or embark on an apprenticeship or full time career in the catering or food industries.

Course content

The course is 50% coursework and 50% written examination (1H 45 minutes).

Task 1: Food investigation

Students' understanding of the working characteristics, functional and chemical properties of ingredients. Students will explore how ingredients work together and complete three experiments during this assessment.

Practical investigations are a compulsory element.

Task 2: Food preparation assessment

Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task.

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. This will showcase their practical skills giving students the opportunity to demonstrate high quality presentation through practical work.

How it's assessed

Task 1: Written or electronic report (1,500–2,000 words) including photographic evidence of the practical investigation.

Task 2: Written or electronic portfolio including photographic evidence. Photographic evidence of the three final dishes must be included.

Homework

Students are set homework each week based upon the topic being studied at that time. It should be noted that sometimes the homework may be: completion of a classroom task, research, investigation tasks, examination questions, and purchasing and weighing ingredients for a weekly cooking session. Students are expected to cook at least once a week and the recipes will be a combination of skills tasks set by the teacher or a recipe selected by the student.

Please contact Mrs. Jones or Ms. Holt for further information about this course.