

## GCSE FOOD PREPARATION AND NUTRITION

Studying Food Preparation and Nutrition at school helps to prepare young people for living and working in the modern world. Our GCSE course builds on work pupils have been doing in Years 7 - 9 and this enables them to:

- Develop an interest in the creative aspect and enjoyment of food.
- Develop confidence in using the high level skills necessary in food preparation and cooking.
- Make connections between theory and practice so that they are able to apply their understanding of food and nutrition science to practical cooking.
- Develop the ability to make informed decisions about their own diet and health.

The course will be delivered through five theory sections: Food Nutrition and Health, Food Science, Food Safety, Food Choice and Food Provenance. Alongside the development of their cooking techniques and food preparation skills.

### **Aims and outcomes of the course**

Pupils will learn to understand and implement all aspects of safe and hygienic food preparation, cooking, storage and serving. They will use a variety of ingredients, equipment and cooking techniques to create quality end products.

They will develop a sound understanding of the functional properties and nutritional content of food and drinks. This will help them understand the relationship between diet, nutrition and health. Pupils will also understand the environmental, ethical, social and cultural influence on food availability, production, diet and health. In doing this they will explore a range of ingredients and processes from different culinary traditions both British and international. This will inspire pupils to create new and exciting recipes as well as modifying existing ones to suit the needs of users.

In Year 10, pupils will develop their culinary skills by carrying out bi-weekly practical tasks alongside developing their knowledge and understanding of the theoretical aspects of food preparation and nutrition. In Year 11, pupils use this knowledge and skills base to carry out the two Controlled Assessment tasks with the final examination at the end of the year.

### **Assessment**

The assessment is in three parts: two are Controlled Assessments which are marked internally and one is an external examination. Meeting the deadlines for each section of the course is very important. There are no tiers of entry which gives all pupils access to the full range of GCSE grades (1 to 9).

	<b>Descriptions</b>	<b>Assessment</b>	<b>Mark</b>	<b>Time allowed</b>
Unit 1	Food Investigation Task	Controlled Assessment 1	15%	10 hours
Unit 2	Food Preparation Task	Controlled Assessment 2	35%	20 hours
Unit 3	Food Preparation and Nutrition	Examination	50%	1 hour 45mins

Please contact Miss Bainbridge or Miss Mulholland if you would like further guidance.