



Food Preparation & Nutrition GCSE

GCSE

9-1

Who is this course aimed at?	This course is an optional subject. It will appeal to students who want to develop a wide range of food preparation and cooking skills, and gain a clear understanding of the role of nutrition and diet in health, and the principles of food hygiene, safety and the function of ingredients used in cooking
How will I be assessed?	One written exam forming 50% of the total marks. An un-tiered paper taking 1 hour 45 minutes covering the knowledge of food, nutrition and health, food science, food safety, food choice and food provenance. Two non-exam assessments (NEA) worth 50% in total. Task 1 is a Food Investigation where students show their understanding of the working characteristics, functional and chemical properties of ingredients. This is a written report with photographic evidence. Task 2 is a Food preparation assessment in which students will prepare, cook and present a final menu of three dishes within a single period of 3 hours.
Will I enjoy the course?	You are most likely to enjoy this course if you want to learn how to cook a wide range of quality dishes and to understand the scientific principles behind cooking, and nutritional value. You will need to bring ingredients to the practical lessons when required and keep up to date with preparation for the exam and non exam assessments
What will be expected of me?	Students are expected to provide their own ingredients and dishes on which to present their finished products. All non exam assessment tasks must be of a high quality and include the use of ICT. A keen interest in and enthusiasm for the subject is very important

What will I study?

Food Nutrition, diet and health	An introduction to nutrition: macro and micro nutrients. Diet and health. Nutritional needs and current dietary guidelines.
Food Science and cooking	Why food is cooked and how heat is transferred to food Functional and chemical properties of food
Food Safety in food storage, preparation and cooking	Food storage, preparation and cooking. Food spoilage and contamination
Factors affecting consumer food choice.	Social and economic factors. British & International cuisines Purchase of food Food labelling & marketing
Food provenance	Food and the environment Sustainability Food processing and production