

GCSE Food Preparation and Nutrition

Who is the course for?

Food Preparation and Nutrition equips learners with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. It encourages learners to cook, enables them to make informed decisions about food and nutrition and allows them to acquire knowledge in order to be able to feed themselves and others affordably and nutritiously, now and later in life.

What are the entry requirements?

- A reasonable standard of literacy and numeracy
- Good attendance and punctuality with an ability to keep to deadlines
- Enjoyment of work with and learning about food
- The ability to be self-motivated and able to work independently when required
- A keen interest in the scientific principles relating to food.

Course Aims:

By studying food preparation and nutrition learners will:

- Be able to demonstrate effective and safe cooking skills by planning, preparing and cooking a variety of food commodities
- Develop knowledge and understanding of the functional properties and chemical characteristics of food
- Understand the relationship between diet, nutrition and health
- Understand the economic, environmental, ethical and socio-cultural influences on food availability, production processes, diet and health choices

How is the course assessed?

- 50% of the qualification consists of a written exam taken in Year 11.
- 50% of the qualification consists of controlled assessments which include:

Assessment 1 (8 hours)

- The Food Investigation Assessment
- 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.

Assessment 2 (12 hours)

- The Food Preparation Assessment
- 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.

Duration/Time

This a 2 year course, with 5 hours a fortnight.

