

Welcome to Food Preparation and Nutrition GCSE





Food Department at Redhill.



We are a high achieving highly motivated department with subject specialist teachers that are enthused and passionate about our subject. And an amazing Food technician who supports our classes

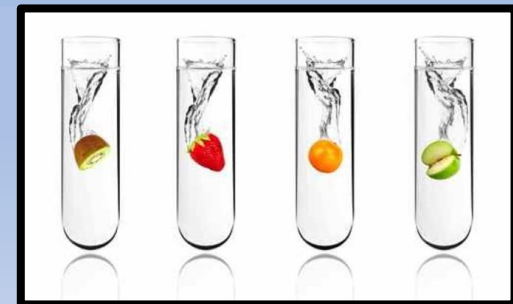
As a department we are proud of our GCSE outcomes achieving above both regional and national GCSE Grades.

Many of our students take places post 16 in food linked courses.

We have strong links with UCB and many of our GCSE students attend Saturday Chef, Bakery and Front of House Academies.



**Food Preparation and Nutrition
2023 GCSE Results at Redhill
90% Grades 4 - 9
National Average 66.1%
West Midlands 64.4%
GCSE grades 9-4 have been 15%
above the national over a three
year period.**



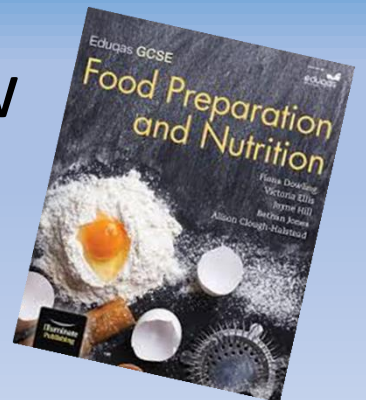


What is Food Preparation and Nutrition GCSE ?



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.



We will teach you...



FUNCTIONS OF FOOD

EXPLORATION

RESEARCH

PROBLEM SOLVING

CULINARY SKILLS

FOOD KNOWLEDGE

COOKING

FOOD SCIENCE

Creativity

EQUIPMENT USE

NUTRITION

Subject content – what is covered ?

- Food preparation skills – these are intended to be integrated into the five sections:

1. Food, nutrition and health
2. Food science
3. Food safety
4. Food choice
5. Food provenance



How is the Food preparation Nutrition assessed?



50% Written exam



**15% - Food Investigation
NEA 1**



**35% - Food Preparation
NEA 2**

Examination board.

At Redhill we deliver our course following the exam board Eduqas

ASSESSMENTS - Written exam

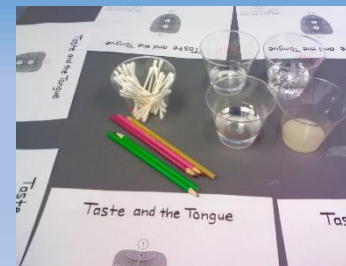


- **EXAM: Paper 1: Food preparation and nutrition (50%)**
- **What's assessed**
- Theoretical knowledge of food preparation and nutrition from subject content.
- **How it's assessed**
- Written exam: 1 hour 45 minutes
- 100 marks
- 50% of GCSE

ASSESSMENTS - Practical Exam



- **NEA 1: Food investigation (15%)**
- Students' understanding of the working characteristics, functional and chemical properties of ingredients.



ASSESSMENTS - Practical Exam



- **NEA 2: Food preparation assessment (35%)**
- 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 three hours**, planning in advance how this will be achieved.



What skills will I develop ?

- 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



Post 16 and Further Education Opportunities and Apprenticeships

A level / level 3 Food Science

Hospitality and Catering Level 2

Professional cookery Level 2

Bakery Level 2&3 Diploma

Bar and cocktail professional services Level 2

Food and Nutrition BSc (Hons) Fd Sc

Food science

Food Science and innovation

Human Nutrition

Food Business management

Nutrition and public health

Nutritional health

Food Marketing

Food Technology and Product Development.

Career Opportunities.

- Market Research
- Sensory Analysis
- Development Chef
- Lab Testing
- Supply Chain
- Product Developer**
- E-Commerce
- Food Technologist**
- Quality Assurance
- Food Buyer**
- Logistics
- Food Manufacturing

Restaurants

Silver Service

Chef

Hotels

Front of House

Private events and Functions



Hospitality & Catering

Food Educators

Food Teacher

Influencer

Chef Lecturer

Author

Food Writer

TV Chef

Brand Ambassador

Food Critic

Nutritionist

Food Dietician



Our recipe for success



You will need...

- A pinch of imagination
- A dash of creativity and love of food science
- A splash of team work
- A abundance of passion and love of food as a subject.



Contact

Mrs Condlyffe-Morse-Glover

Mrs Comyns

for information.

THE SKY'S THE LIMIT 