

GCSE FOOD PREPARATION AND NUTRITION

What will I study?

To develop your Designing and Making skills and your knowledge and understanding of nutrition. You will learn how to design and make food products whilst considering environmental issues. You will also study the importance of health and safety, minimising food waste and reducing sugar and salt for a healthier diet.

Year 9. You will learn: Pastry - how to prepare, use and cook a range of sweet and savoury pastry products encompassing seasonal and locally sourced produce. Become an artisan bread maker. Use yeast and other leavening agents to create a range of bread/bread based products.

The Food Preparation and Nutrition GCSE is an exciting and creative course which focuses on practical cooking skills and will ensure students develop greater understanding of nutrition, food provenance and the working characteristics of food materials. The new course at GCSE focuses on the practical aspects of food with an emphasis on preparation and terminology.

The new specification has replaced food technology, home economics and catering. Over the two years students will undergo a written assessment- food investigation (15%) and a practical assessment (35%). These can be completed in either or both yr10/11. The course concludes with a written exam combining multiple choice and 5 long questions.

Year 10 and 11. You will learn: To develop an understanding of nutrition, the effects of cooking and the awareness of Global food supplies and World foods. You will investigate how different cooking methods affect food, use terminology appropriately and confidently whilst making a variety of dishes from around the World. The emphasis is on nutrition so many of the dishes will be savoury. These skills will be combined with meal planning and consider both time and financial constraints in line with household budgeting. By year 11, students should be able to 'dovetail' tasks e.g. preparing two or three dishes at a time.

How is it assessed?

Assessment	How it is assessed?
Paper 1 - Food Preparation and Nutrition	Written exam 1 hour 45 minutes Worth 100 marks 50% of GCSE
Non-exam Assessment	Task 1: Food investigation (30 marks) Task 2: Food preparation assessment (70 marks) 50% of GCSE

What use would this qualification be after I leave school?

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.