

GCSE Food Preparation and Nutrition

Contact Person: Mrs C Hounsell

Contact Email: chounsell@nailseaschool.com

Course Outline:

Students are taught to cook a variety of delicious and healthy meals to suit a range of dietary requirements. They develop an understanding of nutrition and healthy eating and how to apply this to the food they make. Their skills in planning, organising and independent learning grow alongside their understanding of the science of cooking – what happens to ingredients when they are mixed together and processed. Students will explore different culinary traditions, the sensory properties of food, safety factors and the economic, environmental and ethical issues involved in food production as well as what the future holds. They will use a wide range of utensils and equipment, developing their skills to produce increasingly complex dishes.

The course covers 1. Food commodities 2. Principles of nutrition 3. Diet and good health 4. The science of food 5. Where food comes from 6. Cooking and food preparation

What are lessons like? We cook for 2 lessons out of 5 and also do tastings and group practical tasks as well as fun challenges and occasional trips and visits. Some lessons are studying the theory which will help students understand all about food and nutrition which are needed for the GCSE exam.

In Year 10, the course is taught through 6 commodities – Fruit and Vegetables, Cereals, Meat and Fish, Dairy Products, Fats and Sugars. Students learn about the provenance, processing, storage and uses of ingredients by cooking increasingly complex recipes.

In Year 11, students will complete 2 assessments set by the exam board and a final exam. This includes a practical assessment where dishes will need to be trialled and perfected based on customer feedback. Students will study the principles of nutrition and a range of core knowledge followed by a comprehensive revision programme.

Skills/attributes developed/required:

You will need to be well organised, work well in a team or on your own, be interested in food and nutrition and understand the importance of safe working practices and enjoy cooking!

Additional considerations:

Ingredients need to be provided, Pupil Premium students can have ingredients supplied by the school.

Examination Information

Exam Board: Eduqas

Exam outline: All GCSE assessment is in year 11

Assessment 1: (15% of the qualification) The Food Investigation Assessment– a scientific investigation into an aspect of the function of ingredients. This will be set by the exam board.

Assessment 2: (35% of the qualification) The Food Preparation Assessment– this is a practical exam which involves the planning and production of 3 separate dishes under timed conditions. The focus is set by the exam board in November.

Assessment 3: (50% of the qualification) Principles of Food Preparation and Nutrition Written examination– a 1hr 45 minute exam at the end of the course.

Where can it take me?

Next Steps: Level 3 Hospitality and Catering, Catering Apprenticeship, Science A levels.

Future career opportunities that this subject may lead to: Food Technologist, Dietetics and Sports Nutrition, Hotel and Catering Management, Retailing, as well as the many careers related to Food Production and Health and Fitness, Chef, Product Developer.

See tastycareers.org.uk for further info.

What do Year 10 and 11 say about Food Preparation and Nutrition?

“I enjoy Food Studies, it’s interesting and links in with PE.”

“You get to cook lots of different dishes and work with your friends. It’s fun cooking together!”

“I love cooking and now feel more confident to try new things. I loved making pasta and ravioli.”

“I understand more about how to eat for nutrition as well as the taste now and I try new foods.”