



# GCSE Food Preparation and Nutrition

Course: **GCSE Food Preparation and Nutrition**

Length of Course: **2 Years**

Number of Lessons per Week: **3**

Assessment:

**Assessment requirements:**

**Unit 1 (50%) – NEA Tasks: Food investigation, practical design & create task**

**Unit 2 (50%) – Exam: Knowledge and understanding of food products. Multiple-choice, short answer and extended-writing type questions.**



At the heart of this qualification is the development of strong practical cookery skills and a good understanding of nutrition. As a result, students will be more likely to make better food choices and understand healthy eating, whilst discovering the essentials of food science and nutrition. They will also learn about the huge challenges that we face globally to supply the world with nutritious and safe food.

The course is taught by a variety of methods – practical skills lessons, engaging discussions, video aids and experimental & investigation work and tasks. Students will be required to provide their own ingredients and components at all times – ingredients are not provided for them.

## What will I learn?

**Food preparation skills are integrated into five core topics:**

- Food, nutrition and health – macro nutrients, nutritional needs and health
- Food science – cooking of food, heat transfer and functional and chemical properties of food
- Food safety – food spoilage, contamination and the principles of food safety
- Food choice – international cuisines, sensory evaluation, food labelling and marketing
- Food provenance – environmental impact and sustainability of food



## What skills and interests do I need to have?

To enjoy this course it is vital that you have a genuine interest in preparing, cooking, presenting and evaluating food. You will have enjoyed Food Technology in KS3 and, ideally, already help to cook at home. You also may have an interest in 'foodie' TV programmes. You will be keen to develop your knowledge of food materials in order to be able to design original products. You will be willing to spend some of your free time researching food products available in a variety of shops.

**Where will GCSE Food Preparation and Nutrition take you?**

**This subject opens many exciting options, including STEM linked careers:**

