

Food Preparation & Nutrition

GCSE

Course Leader: Mrs E Irwin

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Examination Board: AQA

Assessment: 50% Exam (1 section)

50% Non - Exam Assessed which consists of 1 investigation 1,500 - 2,000 word report. 1 Food Preparation Assessment which consists of a written report and a three hour practical exam. You will be expected to prepare and cook three dishes within three hours. (NEA: 15% Study, 35% Practical Task)

Why should I study this subject at Key Stage 4?

Learning about food and nutrition is a useful life skill. The course gives you the knowledge and understanding to prepare and cook a variety of dishes and understand nutritional needs through life.

The course is a good foundation for those who wish to pursue a career in the food industry.

What does the course involve?

This is an excellent qualification for those wishing to go into the food industry but also for those wishing to learn a life skill.

- Key Focus developing cooking skills
- Understanding and application of key nutritional principles
- Understand of food provenance
- Knowledge and application of the working characteristics and properties of food materials
- Students will be expected to provide most ingredients but products should be suitable for home use.

Differences from Year 9

GCSE Food Preparation & Nutrition develops knowledge and understanding about ingredients and how products are made. It looks at functional properties, nutritional choices as well as creative indulgent options. KS3 sets the foundation knowledge of nutrition and begins the development of key skills. If you want to learn to cook for life, this is your option. Also suitable for students interested in the many career opportunities the food and dietetic industry offers.

Skills developed

These include a full range of practical skills to prepare and cook food alongside many 'transferable skills' including literacy, numeracy, communication, decision making and detailed skills in analysis & evaluation. You will develop your knowledge and understanding of food, provenance and how to 'fuel your body' for optimum health. You will learn about the function and properties of ingredients and how these change with processing and cooking techniques. By the end of the course you will be able to use food as a social vehicle for spending time with family and friends. You need to eat to live, and you live better if you eat well - by taking this subject you'll be able to! It is also an excellent platform for considering careers in health, nutrition, food technology, teaching and food preparation, food science and service work. If you wish to continue your studies in KS5 we offer a two year course in Food Science and Nutrition which builds on the topics covered at KS4.