



What will I study?

GCSE Food Preparation and Nutrition is an exciting and creative course which focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials. At its heart, this qualification focuses on nurturing students' practical skills to give them a strong understanding of nutrition.

Through a variety of creative and practical activities, pupils are taught the knowledge, understanding and skills needed to engage in the process of designing and making. Students will be taught how to prepare and cook a range of nutritionally balanced dishes safely and hygienically using the following focus areas:

- Food, nutrition and health
- Food science
- Food safety
- Food choice
- Food provenance

How will I be assessed?

All exams and submission of non-examined assessed work will be at the end of the course.



Paper 1: Food preparation and nutrition

- Written exam: 1 hour 45 minutes
- 100 marks
- 50% of GCSE

Non-exam assessment (NEA)

Task 1: Food investigation

- Students' understanding of the working characteristics, functional and chemical properties of ingredients.
- Practical investigations are a compulsory element of this NEA task.

Task 2: Food preparation assessment

- 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 a single period of no more than three hours, planning in advance how this will be achieved.
- How is it assessed? Task 1 and 2: Written or electronic report including photographic evidence of the practical investigation.



What will I study?

Food technology is a practical subject area which requires the application of knowledge and understanding when developing ideas, planning, producing products and evaluating them.

You are given the opportunity to work with a range of foods in order to gain and develop knowledge of food as a material with sensory, nutritive and physical characteristics.

The coursework is an exciting opportunity to design and develop ideas and research this through the food industry. Please note that in this technology option there will be the obligation to bring ingredients for practical sessions when required.

Throughout the course you will learn about:

- Materials and components including the nutritional and functional properties of food
- Design considerations
- Food production, sustainability, moral and social considerations
- Skills and creative production of food ideas
- Use of industrial equipment
- Team work, resilience, independence and organisational skills
- Food hygiene, safety and healthy living

How will I be assessed?

Written Examination **40%**

Controlled Assessment **60%**

Controlled Assessment

This will take the form of a 'Design and Make' activity lasting approximately 45 hours. Practical work is carried out through coursework. The majority of your 'Making' will be done through the testing and developing of ideas, along with producing a final concept.

What might this subject lead you on to after leaving school?

- BSc Food Nutrition; Consumer Management; Hospitality and Catering.
- This subject could also lead to careers such as: Dietician, Health promotion, Food Researcher and product development.