

# GCSE: Food and Nutrition

## Course Description:

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 cookery skills to give them a strong understanding of nutrition.

Food preparation skills are integrated into five core topics:

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



## Assessment information:

### What's assessed

**Task 1:** Food investigation 15% of the overall GCSE

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 - 35% of the overall GCSE

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 it's assessed

**Task 1:** Written or electronic report (1,500–2,000 words) including photographic evidence of the practical investigation.

**Task 2:** Written or electronic portfolio including photographic evidence. Photographic evidence of the three final dishes must be included.



### Teaching & Learning

We deliver the food technology curriculum in a varied way, to allow for different styles of learning. The delivery is by specialist teachers and includes demonstration lessons, practical participation and one to one tutorial. Students who enjoy coursework modules would benefit from this subject.

**Learning Support Req.:** All students will be provided with the support required to develop the skills needed to design and produce high quality outcomes. A home computer would be useful but not essential. The online textbook can be accessed from home which provides opportunities for homework and revision tasks.



### Careers

Hospitality  
Catering  
Chef  
Dietician  
Nutritional Therapist  
Food Stylist  
Health coach  
Food Technologist  
Food Engineering  
Product Development



### Progression to Further Education

Students who obtain an 'A to C' grade would be suitable candidates to study Food Science and Nutrition in Year 12 and 13.



### For further information:

Please see Mrs. Mansueto Head of Food and Nutrition