



GCSE Food Preparation and Nutrition

Key contacts: Mrs C Northey
Exam Board: AQA

Overview of the course:

Students will learn about food from around the world, through the study of British and international culinary traditions as well as developing an understanding of where food comes from (food provenance) and the challenges surrounding food security. Students will master culinary skills and appreciate the science behind food and cooking.

Why choose Food Preparation and Nutrition?

GCSE Food Preparation and Nutrition will help to develop a greater understanding of nutrition, food provenance and the working characteristics of food materials.

You should consider a Food Preparation and Nutrition option if:

- You enjoy cooking, adapting your recipes and evaluating your results
- You are a self-motivated independent worker and an organised and creative thinker
- You are interested in food, nutrition and the science behind ingredients

What will you study?

Students who take GCSE Food Preparation and Nutrition will learn about the following topics:

- **Food, Nutrition and Health**
Macro Nutrients, Micro Nutrients, Nutritional Needs and Health
- **Food Science**
Cooking of Food, Heat Transfer and the Functional and Chemical Properties of Food
- **Food Safety**
Food Spoilage, Contamination and the Principles of Food Safety
- **Food Choice**
Factors affecting Food Choice, British and International Cuisines, Sensory Evaluation, Food Labelling and Marketing
- **Food Provenance**
Environmental Impact and Sustainability of Food, Food Processing and Production

Assessment

Terminal Written Examination:

There will be a written paper, 1 hour 45 minutes long which will be externally set and marked (50% of GCSE).

Non-Examination Assessment

The second part of the assessment will be a non-examination assessment and will consist of two tasks, involving practical work.

Task 1 - A written report of 1,500 – 2,000 words. Students will carry out an investigation into the scientific principles that underpin the preparation and cooking of food. This task will provide students with an opportunity to demonstrate their knowledge and practically apply subject understanding of the science behind cooking. Students will practically investigate ingredients and explain how they work and why.

Task 2 - Students will plan, prepare, cook and present a three-course menu. This task will provide an opportunity to 'cook-up-a-storm' and showcase creativity and cooking skills in relation to the planning, preparation, cooking, presentation of food and the application of nutrition.

Possible career path:

A passion for food can lead to a wide range of career opportunities such as; working in hotels, restaurants, or tourist venues. There are also a range of career paths into agriculture, catering and hospitality, environmental health, leisure and tourism, retail sales and customer service, as well as engineering and manufacturing. It is also excellent preparation for careers in many other fields such as medicine, education, and sports science.

Whatever career you choose, the knowledge and skills you learn from Food Preparation and Nutrition; technical ability, problem solving, time management, organisation, communication, creativity, customer service and interpersonal skills are highly prized by employers.