

GCSE FOOD PREPARATION AND NUTRITION

FOOD TECHNOLOGY: Subject Leader: Mrs S Moodley

EXAM BOARD: Eduquas(WJEC)

Aims of the course

1. To equip students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating.
2. Make informed decisions about a wide range of further learning opportunities and career pathways within the Food industry apart from becoming a chef.
3. Develop vital life skills that enable them to feed themselves and others affordably and nutritiously, now and in later life.

Structure of the Course

In studying food preparation and nutrition, students must:

- demonstrate effective and safe cooking skills;
- develop knowledge and understanding of functional and sensory properties, chemical processes, microbiological food safety and nutritional content of food and drinks;
- understand the relationship between diet, nutrition, health and lifestyle;
- understand the economic, environmental, ethical and socio-cultural influences on food availability and food choices in Britain.

The course requires students to demonstrate knowledge and understanding of:

- A. Nutrition including Food Science
- B. Food: food provenance and food choice
- C. Cooking and food preparation
- D. Skill requirements: preparation and cooking techniques

Students are required to have a good working knowledge and background of science (chemistry) so that they can complete their scientific investigation task with confidence.

Content Overview	Assessment Overview	
This content will be covered throughout all three components. Section A Nutrition Section B Food: food provenance and food choice Section C Cooking and food preparation Section D Skills requirements: preparation and cooking techniques	Food Preparation and Nutrition 100 marks 1 hour 45 minutes written examination paper	50% of total GCSE
	Food Investigation Task (Food Science) 45 marks Non-examined assessment (NEA)	15% of total GCSE
	Food Preparation Task 105 marks Three hour practical exam	35% of total GCSE

Homework

Homework will be an integral part of the course and is expected to be completed to a high standard at home. Time plans and written evaluations are expected for every practical lesson. So be aware that there is a tremendous amount of written work attached to practical lessons. Sometime parents have to get involved with tasting the delicious meals prepared by students and give written feedback.

Finance/Materials

In general terms the course is free. We try to stock as many materials as possible but there will be some expense to parents including:

- Sourcing/buying food ingredients for food products and anything related to practical work and practical exams e.g. digital scales, aprons, containers etc.
- A digital camera or phone camera with own cable or card reader to record work. Students are to make sure the camera is compatible with the school's Windows Operating System.

In cases of hardship please call us and we will try to advise/help.

Food experiment lessons

They will be done within the course. Pupils are expected to work with the same lab partner throughout the course.

Practical Lessons

Practical lessons take place on a weekly basis throughout two years of study. A financial commitment is required from parents to fund the ingredients. Students will be able to buy a 'basic cookery pack' at cost from the school. This will include oil, seasonings, standard foil baking tins, food experiments etc. If you wish to purchase them elsewhere then we can provide you with a list of suppliers.

Health and Safety

This subject is taught in a potentially dangerous environment. Students are expected to understand and comply fully with all Health and Safety rules as set out in the school's recipe book.

Industrial/Business/Education Links

- Student mentoring by STEM ambassadors sourcing materials for use in school projects - Rolls Royce funding for STEM (Food Science projects)
- School trip to cookery schools in Europe and Abroad.
- Visits to local 'Food' markets in London or Food shows.