



## **GCSE Food Preparation and Nutrition**

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### **Why study GCSE Food Preparation and Nutrition?**

The GCSE Food Preparation and Nutrition course allows students to extend their practical skills, and develop knowledge and understanding of human needs. Students will work within a variety of contexts producing written and practical work focusing on nutrition, properties of food, cooking technique and food hygiene.

In Key Stage 3, students worked through a number of projects based on developing skills in food preparation, choice and time management. This course will extend students' understanding and knowledge when choosing, storing and combining ingredients, planning nutritious meals, preparing, cooking and evaluating dishes.

### **What does the course involve?**

During the two years of this course, students will undertake a number of individual investigations and research tasks designed to broaden their understanding and appreciation of nutrition, diet and health throughout life. Students will consider the nutritional, physical, chemical and sensory properties of food in storage, preparation and cooking. Students will need to produce practical outcomes displaying techniques and skills in food storage, preparation and cooking.

Students need to show an understanding of why dishes are chosen and the factors related to consumer choice. All work needs to follow and demonstrate high levels of appreciation for food hygiene and safety, ensuring that dishes are created in safe and hygienic environments.

It is hoped that all practical work will be of high quality and that students will want to cook and take their dishes home.

### **How will I be assessed?**

- Individual investigations and research tasks chosen from a range of tasks provided by AQA and both completed in year 11. Internally marked and externally moderated - **50% of final grade.**
- An examination to assess knowledge and understanding of the theoretical aspects - **50% of final grade.**

### **What are my progression routes?**

The course could provide progression opportunities both directly into employment and to further learning opportunities within employment, or to further study. However, many students may choose to take the course to develop their cooking skills as preparation for life beyond school and home.

### **Additional Information**

It is expected that students will always bring in their own ingredients for their practical sessions. The course is suitable for both male and female students who have enjoyed and have an aptitude for the subject.

As with any GCSE, this course involves a large amount of written work and is not just practical activities. Students should understand this and be prepared to devote considerable time to coursework activities.