

Course Title: GCSE Food Preparation and Nutrition

Awarding Body: Eduqas

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Why study Food Preparation and Nutrition?

The WJEC Eduqas GCSE in Food Preparation and Nutrition equips learners with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. It encourages learners to cook, enables them to make informed decisions about food and nutrition and allows them to acquire knowledge in order to be able to feed themselves and others affordably and nutritiously, now and later in life.

Course Outline

Food Preparation and Nutrition builds on the knowledge, skills and understanding developed in Lower School.

By studying Food Preparation and Nutrition learners will:

- be able to demonstrate effective and safe cooking skills by planning, preparing and cooking a variety of food commodities whilst using different cooking techniques and equipment.
- develop knowledge and understanding of the functional properties and chemical characteristics of food as well as a sound knowledge of the nutritional content of food and drinks.
- understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health.
- understand the economic, environmental, ethical and socio-cultural influences on food availability, production processes, diet and health choices.
- demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food.
- understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international) to inspire new ideas or modify existing recipes.

More information and the full specification can be found at:

<http://www.eduqas.co.uk/qualifications/food-preparation-and-nutrition/>

Practical work is an essential part of this GCSE. Students are expected to provide ingredients for practical sessions. By the end of the course students will have acquired the knowledge of food preparation from meat and fish to patisserie and desserts.



Assessment Format

Eduqas (1-9) Food Preparation and Nutrition 601/8093/6

Practical investigations are a compulsory element. They will comprise of the following;

Task 1: Food investigation

Students' understanding of the working characteristics, functional and chemical properties of ingredients. A written report will accompany the practical investigation.

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. Students will build a portfolio of evidence of their practical tasks.

Written Exam: 1 hour 45 minutes (50% of assessment). Theoretical knowledge of food preparation and nutrition.

There is a single tier of entry. Grades will be awarded 9-1

Possible Careers and Future Education

Food and good nutrition are essential for life. The specification provides a coherent, satisfying and worthwhile course of study for learners who do not progress to further study in this subject. However, it can be used in a variety of careers and further education courses, particularly food-related courses at either AS or A level and Hospitality and Catering further education and apprenticeships. It will also serve as a good foundation for many sport and health related courses and careers. Just a few possible career pathways may include:

- Food Technologist
- Nutritionist
- Sport Scientist

Further information may be found through the following link <http://www.careersinfoodanddrink.co.uk/>

