
Course highlights:

This new inspiring qualification shows students how:

- To prepare self and environment for cooking
- Food functions in the body and in recipes
- To modify recipes for health for balanced diets
- To assess a diet and make recommendations
- To plan and produce dishes for a purpose

Students will learn about safe and hygienic preparation of the cooking environment, the sources and seasonality that can affect food. They will develop skills:

- In creating menus to meet a brief
- In selecting ingredients to cook dishes
- In adapting recipes for health
- In evaluating their own work
- That are essential for the modern workplace, such as planning, research skills, communication, problem-solving skills and health and safety.

Learning styles used:

Students will work independently as well as learning in teams. Practical work will include designing, developing, planning and making successful food products/dishes

How is it assessed?

3 internal assessments requiring students to create a **PORTFOLIO OF EVIDENCE** on each of the following:

- Preparing to cook
- Understanding food
- Plan and produce dishes in response to a brief

1 externally set and marked assessment paper – 2 hours – Exploring balanced diets

Other Information:

A regular homework task is to provide and measure/weigh/prepare ingredients for each practical lesson. **It is essential that students come to practical lessons prepared as the ingredients will not be provided.**

Students will need to take responsibility for the presentation of their work, complete their homework and classwork and be organised in all lessons

We will help you to succeed by:

Helping you to choose the right recipes to make!
Lots of individual support, use of varied and exciting resources, teamwork – working with you to achieve a common aim: **your success!**
Providing extra provision sessions for support and guidance for exam work and other assessment elements.

Sixth form pathways

'A' Level or Level 3 Food/Catering qualifications

Careers available from this course:

Dietician, nutritionist, food purchasing manager, new product development technologist, food technologist, marketing product manager, hygiene manager, process and packaging technician, chef, catering assistant/manager.

Employability Skills:

- **Communication and Literacy** to be able to communicate their learning in relevant ways for different audiences
- **Team Work** to be able to discuss issues of concern, seeking resolution where needed
- **Application of IT** to be able present work to a high standard and use to research key issues
- **Problem Solving** to be able to explore issues, events or problems from different perspectives
- **Self-Management** to be able to organise time and resources, prioritising actions

Course combinations: This course complements GCSE Science and Level 2 Child Development.

Please see **Mrs Dowdeswell – D6** to discuss this course.