
Course highlights:

This new inspiring GCSE will motivate our students to develop the high level of knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating thus enhancing their ability to access further education. This course focuses on the following key areas: nutrition, food provenance, food choice, food preparation and cooking.

Practical food preparation and cooking will be the foundation to learning about individual food needs within our multi-cultural society. In addition, students will learn to make food choices based on cost, food availability and will develop their knowledge and understanding of relevant technological and scientific developments related to designing and making food menus and products.

Learning styles used:

Students will develop the following skills: independent learning, team work/collaborative working, analysis of existing products, decision making, practical work – designing, developing, planning of making products, creativity and knowledge and understanding of choosing, preparing and cooking a wider range of foods.

How is it assessed?

Unit 1: FOOD INVESTIGATION ASSESSMENT 15%

This Year 11 task, set by the exam board, will assess the scientific principles underlying the preparation and cooking of food: carbohydrates, fats/oils, protein, fruit and vegetables. Students will investigate and evaluate the working characteristics, functional and chemical properties of ingredients and use the findings of that investigation to achieve a particular result.

Unit 2: THE FOOD PREPARATION ASSESSMENT 35%

In Year 11, students will plan a 3 hour practical and then prepare, cook and present a menu of three dishes. The menu choice must demonstrate their ability to apply a wide range of technical skills to create successful final outcome(s). Students will then evaluate the preparation, cooking and presentation of the three dishes.

Unit 3: PRINCIPLES OF FOOD AND NUTRITION: Written examination 50% 1 hour 45 mins

Students will be tested on their knowledge and understanding of food commodities, principles of nutrition, diet and good health, the science of food, cooking and preparation and where food comes from.

Other Information:

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

You will need to take responsibility for the presentation of your work, complete your 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 Food Preparation & Nutrition

Careers available from this course:

Food technology, 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 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 **Miss Sanders (D4)** to discuss this course.