

Subject:

GCSE Food Preparation and Nutrition

How will I be assessed?

The course is assessed by 50% examination and 50% NEA

Examination paper- 20 question multiple choice followed 1-12 mark questions to examine the whole of the specification taught.

NEA 1 (15%) – science investigation. Task set by exam board and changes every year.

NEA 2 (35%) – practical cookery task including a 3 hour practical cookery exam where students are required to demonstrate high level cookery skills

What will I learn?

- **Nutrients (protein, fats, carbohydrates, vitamins, minerals, water)**
- **Nutritional needs and health**
- **Cooking of food and heat transfer**
- **Functional and chemical properties of food**
- **Food spoilage and contamination**
- **Principles of food safety**
- **Factors affecting food choice**
- **British and international cuisines**
- **Sensory evaluation**
- **Environmental impact and sustainability**
- **Processing and production**
- **High level cookery skills**

Why is this subject valuable?

GCSE Food Preparation and Nutrition is an exciting course which focuses on high level cooking skills and the science and nutrition of food. Students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials. At its heart, this qualification focuses on nurturing students' practical cookery skills to give them a strong understanding of nutrition and science.

Upon completion of this course, students will be qualified to go on to further study, or embark on an apprenticeship or full time career in the catering or food industries which has a number of exciting opportunities.

Career choices where this subject would be valuable:

Food industry: Technical manager, food hygiene, trainer, new product development technologist, quality assurance manager, sales, food buyer, food production operative, retail manager, food scientist, microbiologist, factory worker, importer/exporter.

Catering: Baker, butcher, head chef, sous chef, pastry chef, café owner, wine maker, gamekeeper, caterer, army cook, waiter, deli owner, hospital food manager, cake decorator, ships catering assistant, recipe writer, fishmonger, fast food chef.

Other: Food teacher, food photographer, agricultural scientist, consumer adviser, farmer, weight loss counsellor, doctor, health educator, dietitian, environmental health officer, home economist, nutritionist, food critic, food demonstrator, advertising, nanny, bar staff, hotel manager, personal trainer.