

FOOD AND NUTRITION

You will have the opportunity to develop skills many areas such as:

- Food preparation skills: preparing, cooking and presenting high quality meals.

- Food Science: investigating and applying the scientific principles involved in the preparation of foods as well as understanding the functions of ingredients.

- Nutrition and food choices: understanding detailed principles of nutrition and healthy eating to make informed decisions for a range of different needs..

- Food safety: understanding food hygiene and safety techniques.

- Food provenance: learning about where our food comes from and about the challenges that we face globally to supply the world with nutritious and safe food.



Exam Baord	Paper Specification	Subject Type
Educas	C560P1	Option
Qualification Awarded		
GCSE Food Preparation and Nutrition		

ASSESSMENT

Com pon ent 1	<p>Principles of food preparation and nutrition (50%)</p> <ul style="list-style-type: none"> • Written examination to be taken at the end of Year 11, comprising short and extended answers.
Com pon ent 2	<p>Food preparation and nutrition in action – controlled assessment (50%)</p> <ul style="list-style-type: none"> • Two parts to be undertaken in Year 11 • An investigation into the working characteristics of ingredients which is written up in a report of 1500 -2000 words. This is worth 15% of the final grade and must be completed within eight hours. • A food preparation assessment worth 35% (12 hours). Plan, prepare, cook and evaluate three dishes to suit a specific dietary need such as the cuisine of another country or a special diet such as vegetarianism. A report will be produced of 15 sides.

EXPECTATIONS

This course has a lot of theoretical information that will need a lot of constant revision. You will also need to employ your skills in English and science in order to carry out investigations, understand key elements of food science and be able to write clear reports and answers to exam questions.

All students are expected to contribute for the cost of ingredients every term (approximately £20 per term), to purchase a text book for further support with revision and study at home, and to provide ingredients for exam work.