

# Food Preparation and Nutrition



**Qualification: GCSE**

**Equivalent to: 1 GCSE (grade 9-1)**

The 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 Content**

The course will cover 6 main areas listed below, and while they will largely be taught through practical sessions, there will be dedicated theory sessions to consolidate learning.

1. Food commodities
2. Principles of nutrition
3. Diet and good health
4. The science of food
5. Where food comes from
6. Cooking and food preparation

## **Assessment**

Component 1: Principles of Food Preparation and Nutrition

Written examination: 1 hour 45 minutes

50% of qualification

Component 2: Food Preparation and Nutrition in Action

Non-examination assessment: internally assessed, externally moderated

Assessment 1: 8 hours

Assessment 2: 12 hours

50% of qualification

## **Who would enjoy and be successful on the course?**

Students who have enjoyed Food Technology at KS3 and wish to develop their practical skills and theoretical knowledge of food science, nutrition and ethical issues. Students will need to be prepared to bring ingredients every week and for examination work, as well as produce regular high quality theory work to consolidate learning.

## **Progression – Sixth Form / Further Education / Careers**

Due to the broad and varied nature of the course it can lead on to, and support, a wide range of future careers and courses. In the short term students would be ideally suited to pursue Level 3 Food Science & Nutrition or Vocational Catering & Hospitality Courses. The work studied will complement PE/Sport and Nutrition courses and careers. Care providers and nutritionists in hospitals use this knowledge, as do sports coaches and fitness instructors. Hotels and restaurants, food manufacturers and government agencies also use this understanding to develop menus, food products and healthy eating policies.