Year 8 Options 2020

GCSE Food Preparation & Nutrition

Examination Board: Eduqas

What is GCSE Food Preparation and Nutrition all about?

GCSE specifications in food preparation and nutrition must equip students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. They should encourage students to cook and enable them to make informed decisions about a wide range of further learning opportunities and career pathways as well as develop vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life.

Course Structure:

In studying food preparation and nutrition, students must:

• Demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment

• develop knowledge and understanding of the functional properties and chemical processes as well as the nutritional content of food and drinks

• understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health

• understand the economic, environmental, ethical, and socio-cultural influences on food availability, production processes, and diet and health choices

• demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food

• understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international), to inspire new ideas or modify existing recipes

How will I be assessed?

The assessment involves the production of numerous food dishes which are assessed for their level of skill and suitability by teacher observation and external examination. The practical assessment tasks are further supported by a portfolio of research, planning and evaluation presented as an A4 folder of work (around 25 A4 pages). The controlled assessment (practical and supporting folder) is worth 50% of the final mark. The remaining 50% is gained through an examination paper assessment.

What could I do next with GCSE Food Preparation & Nutrition?

Food & Nutrition is a subject which can be used throughout your adult life whether you choose to use it as a career path or not. Following the successful completion of GCSE Food & Nutrition, students could continue their training by opting for Level 2 or level 3 BTEC in Hospitality and Catering at College or Sixth Form. This helps to build on what they have learnt and is a stepping stone to a Catering apprenticeship or work-based training which can help you to specialise in a particular area of expertise or in general Hospitality and Catering. Many students secure a part-time job in a local restaurant to help build on the skills they have already learnt which can lead to full-time employment when the course has finished.