



GCSE Food and Nutrition

- CORE COMPULSORY
- NON-QUALIFICATION
- OPTION
- EBACC SUBJECT

Examination board: AQA

Course code: 8585

Subject contact: Mrs C. Goddard, Subject Leader for Food and Nutrition

Course Description

Food preparation and nutrition is a very exciting and creative subject. Working with a wide range of ingredients and equipment to develop complex practical skills. You will also study in some detail nutrition and what is needed to maintain a healthy diet and will understand and investigate more about the science of food and how food perform and change within a range of recipes.

Food preparation and nutrition;

- Learning about cuisines, recipes, foods, ingredients, processes and practical techniques.
- Being creative and designing your own meals and recipes.
- Developing skills which enable you to create original products.
- Problem solving within recipes and learning how to modify and adapt recipes.
- In depth understanding of nutrients, how to maintain a healthy diet and recognise symptoms of diet related illnesses.
- Investigating, experimenting and testing different ingredients, recipes and techniques.
- Understanding key food science terms and applying within practical.
- Learning about different special diets such as religion, intolerances, allergies and moral beliefs.
- Understanding how the food industry has an impact on the environment and learning ways we can all improve our carbon footprint.

You can expect to take part and source ingredients for a practical lesson once a week. You will also take part in investigations and food experiments within some of your theory lessons to develop the understanding of food science and to understand how particular ingredients behave or react. These ingredients will be provided by the department.

Entry Requirements

A passion for food. Ability to be creative and challenge yourself.

Manage time effectively and to meet deadlines.

Organise ingredients prior to practical lessons.

Key Skills

Independence, time management, working under pressure, dedication, passion, problem solving, resilience. Analysis and evaluation. Key knowledge and understanding of nutrition.

Cost

Students will be expected to supply their own ingredients for all practical work undertaken throughout the two year course.

Assessment

Non-Exam Assessments (NEA)

15% NEA1- Food investigation task- students will investigate the properties and functions of different foods linking to food science. Completed year 11 October- November.

35% NEA2- Food Preparation Assessment - Students plan, prepare and present 3 meals in 3 hours alongside a written report and 5 trial meals.

Completed year 11 January- April.

50% Written exam paper- You will sit a 1 hour 45 minute paper. Completed June/July.

Careers

Dietician, Nutritionist, Chef/ Sous Chef, Caterer, Food technologists, Food marketing/ management, Food publishing/media

The understanding of nutrition would also help towards careers in the NHS or sport related careers.

Further education opportunities

More practical based catering course are offered at colleges. A range of university courses are available including food science, food technology, nutrition and dietetics, food marketing and hospitality and catering.

Enrichment and Support

After school sessions to help build skills and knowledge of curriculum.