



Food Preparation and Nutrition

KS4

Why should I study this course?

The Food Industry is changing rapidly with new food products being developed that reflect the changes in eating patterns and lifestyles. This **Food and Nutrition GCSE course** is about 'using' food to design and make healthy, appetising food products which people want to eat.

Throughout the two year course students will learn about different ingredients, foods and how they are processed, nutrition, health and safety and consumer issues, including food provenance.

Students will **cook their own ingredients each week** to gain a wide range of practical skills. Students will be provided with ingredients for the teamwork activities that involve experimenting with small quantities of ingredients in order to learn how ingredients work together and their function within food products.

What knowledge and/or skills will I need?

You will need to:

- **Enjoy cooking** and develop your skills through researching recipes and recipe development. You must cook and **provide your own ingredients each week**.
- **Be willing to actively engage in experimental food work** (often working within a team). Have an interest in how and why recipes work and why changes to ingredients or methods produce differing results in outcome. (Ingredients used in experiments will be provided by the school).
- Make decisions, combining knowledge and understanding in order to design and make high quality products.
- Use and extend ICT skills when completing mini projects.
- Develop skills in **independent study**, with teacher guidance.
- Develop good organisational skills and demonstrate **self-motivation** to maintain a focus on extended project topics.

How will I be assessed?

The course is run by AQA exam board and is called GCSE Food Preparation and Nutrition.

In year 10 students gain knowledge and skills and have the opportunity to practise these.

All assessment of this course is in year 11.

- There will be **one written exam (50% of the total mark)**, which will include Multiple choice questions and a further set of short and extended questions.
- There will be **two controlled assessments (50% of the total mark)**
- **Task one is a food investigation** which involves the working characteristics, functional and chemical properties of ingredients. **(15% of the GCSE)**
- **Task two is a food preparation assessment** based on nutrition and a target consumer group (as decided by the exam board) where you need to plan, prepare, cook and present three dishes. **(35% of the GCSE) This involves 3 assessed technical practicals plus a 3 hour practical exam.**

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Visit the AQA website for more details.