

Food Preparation and Nutrition

The food preparation and nutrition course focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials.

Students will have the opportunity to use technological equipment, use ICT and explore how it is used in the food industry, use a range of industrial applications, test, evaluate and modify products to make improvements.

Throughout this popular course, students make a variety of food products on which they are regularly assessed.

Course Content

Students develop the knowledge, understanding and skills required to cook and to apply the principles of food science, nutrition and healthy eating. It is a practical course; students are taught to make the connection between theory and practice and to apply their understanding of food and nutrition to practical preparation.

Food preparation skills are integrated into five core topics:

- Food, nutrition and health;
- Food science;
- Food safety;
- Food choice;
- Food provenance.

The range of food and ingredients studied reflect the recommended guidelines for a healthy diet based on the main food commodity groups. Food groups include:

- bread, cereals, flour, oats, rice, potatoes and pasta;
- fruit and vegetables (fresh, frozen, dried, canned and juiced);
- milk, cheese and yoghurt;
- meat, fish, eggs, soya, tofu, beans, nuts and seeds;
- butter, oil, margarine, sugar and syrup.

During the course students will put their knowledge and skills into a series of practical tasks presented in a report and a portfolio. It is a practical course; students are taught to make the connection between theory and practice and to apply their understanding of food and nutrition to practical preparation.

Students will learn through both theory and practical lessons. They will use their knowledge to experiment with recipes and develop their understanding of processes and cooking methods.

The assessment for the GCSE consists of two equally weighted components:

- 1) A written examinations
- 2) Two non-examination assessments:
 - Task 1: Food investigation which should result in a written (or word-processed) report of 1500 to 200 words supported by photographic evidence
 - Task 2: Food preparation assessment which should result in a written (or word-processed) portfolio supported by photographic evidence.

The specification that we use may be accessed from the following link:

<http://filestore.aqa.org.uk/resources/food/specifications/AQA-8585-SP-2016.PDF>