

Course Title: GCSE Food Preparation & Nutrition

Awarding Body: AQA

Further information available from: Mrs Pymm or Miss Pearce

This exciting GCSE course gives students the opportunity to gain experience by focusing on practical cooking skills. Students will gain a thorough understanding of nutrition, food provenance and the working characteristics of food. At its heart, this qualification focuses on nurturing students' practical cookery skills to give them a strong understanding of nutrition.

Food preparation skills are integrated into five core topics:

1. Food, nutrition and health – Macro nutrients, micro nutrients, Nutritional Needs and Health.
2. Food science – Cooking of food, Heat Transfer and the Functional and Chemical Properties of Food
3. Food safety – Food spoilage, Contamination and the Principles of Food Safety.
4. Food choice – Factors affecting Food Choice, British and International Cuisines, Sensory Evaluation, Food Labelling and Marketing.
5. Food provenance – Environmental Impact and Sustainability of Food, Food Processing and Production.

Course components

Written Paper 1hr 45mins – 50%

Section A: Multiple choice questions structured to reflect the sections of the specification.

Section B: contains five questions varying in styles of approach and content.

PLUS

Food Investigation – 15%

Students write a report on their understanding of the scientific principles that underpin the preparation and cooking of food.

Food Preparation Assessment – 35%

Students will plan, prepare, cook and present three dishes within 3 hours.

Written Paper – 50%

The paper will be made up of 20 multiple choice questions worth 20 Marks and 5 questions each with a number of sub questions worth 80 marks.

Food Investigation – 15%

Students' understanding of the working characteristics, functional and chemical properties of ingredients are assessed through research and experimentation. Students will submit a written report (1,500 – 2,000 words) including the photographic evidence of the practical investigation.

Food Preparation Assessment – 35%

Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task. Students will prepare, cook and present a final menu of three dishes within a single period of no more than three hours, planning in advance how this will be achieved. Students will submit a written portfolio including photographic evidence.

Which careers will this lead to?

Studying food preparation and nutrition can lead to exciting and well paid career options. Consumers are increasingly reliant on the food industry to develop solutions for their nutritional needs. This course could lead you into roles such as a chef, Food Product Developer, Buyer (who travels the world sourcing new food products for manufacturers), Food Safety Inspectors, Nutritionists, Dieticians, Quality Managers, Teacher, Food Engineer, Food Scientist, Food Technologist, Food Photographer, Food Stylist, Home Economist, Hotel and Restaurant Manager, Microbiologist, working in food magazines. For more information on food careers please visit

www.tastycareers.org.uk