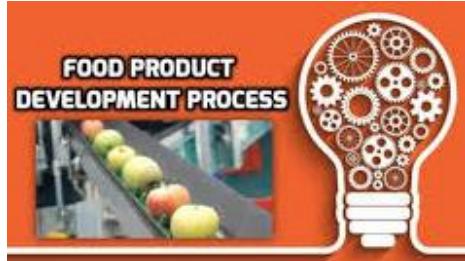


FOOD PREPARATION AND NUTRITION GCSE

GCSE Food Preparation and Nutrition is an exciting and creative course which has a focus on theoretical knowledge as well as practical skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials. At its heart, this qualification aims to focus on nurturing students' practical cookery skills alongside a strong understanding of nutrition.

Food preparation skills are integrated into five core topics:

- **Food, nutrition and health**
- **Food science**
- **Food safety**
- **Food choice**
- **Food provenance**



The food industry is Britain's largest industry, and Food Preparation and Nutrition is a useful subject that could lead to careers in nutrition, medicine, dietetics, food product development, marketing, manufacturing, hospitality, food styling, journalism and many more.

Upon completion of this course, students will be qualified to go on to further study, including the Food Science and Nutrition Course at Sixth form, one of many nutrition-based degrees, embark on an apprenticeship or full-time career in the food industries or medical profession.

Students will complete 2 non exam assessments worth a total of 50% of the final grade. The first task is a food science investigation where students will demonstrate an understanding of the working characteristics, functional and chemical properties of ingredients through practical activities.



The second task is a food preparation assessment in which students' knowledge, skills and understanding in relation to planning, preparation, nutrition, cooking and presentation of food will be evaluated. Problems to solve and example contexts include:

- Addressing the nutritional needs of different life stages
- British and international cuisines
- Preventing diet related disease and illness

Students will be expected to provide their own ingredients or pay to cover the cost for each practical lesson.

The remaining 50% of the grade is a written examination that will assess the knowledge of food preparation and nutrition and is based on the five core topics listed above.

