

# GCSE FOOD AND NUTRITION

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## WHAT IS THE SUBJECT ABOUT?

This qualification is designed for students with an interest in nutrition, food and cooking. Food Preparation and Nutrition equips learners with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. It encourages learners to cook, enables them to make informed decisions about food and nutrition and allows them to acquire knowledge in order to be able to feed themselves and others affordably and nutritiously, now and later in life.

## HOW WILL I BE ASSESSED?

The qualification consists of two internally assessed pieces of coursework including a scientific investigation, a practical exam and written work. It culminates in a 2 hour written exam which is externally assessed.

## WHAT WILL I DO IN LESSONS?

- Learn safe cooking skills by planning, preparing and cooking a variety of ingredients and dishes whilst using different cooking techniques and equipment.
- Develop knowledge and understanding of the functional properties and chemical characteristics of food as well as a sound knowledge of the nutritional content of food and drinks.
- Explore the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health.
- Explore the economic, environmental, ethical and socio-cultural influences on food availability, production processes, diet and health choices.
- Develop knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food.
- Explore a range of ingredients and processes from different culinary traditions (traditional British and international) to inspire new ideas or modify existing recipes

## WHAT ELSE DO I NEED TO CONSIDER?

**You will need to provide your own ingredients every week and get them to and from school. This will cost an average of £4 a week.**

- You need to be good at cooking.
- You need to enjoy learning about food as well as making it.
- You need to be interested in the theory of food, science of food and cookery and be prepared to complete extended written evidence to support your practical work.
- You need to be prepared to go on outside visits and to conduct research in different food establishments.
- You have to cook a variety of interesting dishes including some things which may be unfamiliar to you.
- You must be prepared to try a wide range of foods in lessons such as fresh fish, curry, fruit, raw vegetables, salad dressings and vegetarian foods.
- This subject is particularly useful if you want to study Nutrition, Science, Catering and Hospitality or have an interest in Catering as a career.