Food Preparation and Nutrition

Teachers: Mrs Powell Tucker

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| **Methods of Assessment:** |  **Written exam**: * Students will sit 1 exam at the end of year 11 for Food and Nutrition.
* This written exam is 1 hour 45 minutes long and it is made up of one paper of 100 marks.
* The exam is worth 50% of pupils overall GCSE

**Coursework:** There are two written coursework tasks that will be completed in Year 11. These are worth 50% of pupils overall GCSE grade.**Task 1:** * Written or electronic report (1,500–2,000 words).
* The report is based on students' understanding of the working characteristics, functional and chemical properties of ingredients.
* This is worth 30 marks in total and will be marked by your teacher.

**Task 2:** * Written or electronic portfolio 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 and will have the opportunity to plan in advance how this will be achieved.
* This task is worth 70 marks in total and this task will also be marked by your teacher.
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| **Course Outline:** | Our aim within Food Preparation and Nutrition is to offer all students the opportunity to build on skills and knowledge to develop a real passion and enjoyment for the subject. GCSE Food Preparation and Nutrition is an exciting and creative course which focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials. 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: • Food, nutrition, and health • Food science • Food safety • Food choice• Food provenance. |
| **Progression routes:** | Upon completion of this course, students will be qualified to go on to further study at further education colleges or embark on an apprenticeship or full time career in the catering or food industries.Food Preparation and Nutrition also links has strong links with other subjects such as Science, PE, and Health & Social Care. Taking Food Preparation can lead you onto very rewarding careers for example. Chef, Personal Trainer, Restaurant owner, Food developer, Health Care Assistant, Teacher, Nurse, Youth worker, Nursery Nurse, Child-minder, Physiotherapist, Dietician, Doctor, Food scientist, food blogger.  |
| **How you will learn** |  Students will have two x1 hour lessons a week. These will be a combination of theory and practical lessons. Within practical lessons students will focus on developing their food preparation skills. They will be encouraged to cook a range of diverse dishes and develop their knowledge an understanding of different ingredients and their functions by completing different types of food investigations. They will also learn how to manage time effectively and develop their ability to work under pressure and solve problems whilst building resilience.Within theory lessons students will learn about the importance nutrition and meal planning whilst learning about different multicultural, ethical, environmental, and other issues concerning food preparation and food choice. |
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