SUBJECT: GCSE FOOD PREPARATION AND NUTRITION

HEAD OF DEPARTMENT: Miss G Thomas	SYLLABUS NUMBER: 8585

SYNOPSIS OF CONTENT

The new GCSE focuses on practical cooking skills to ensure that students develop greater understanding of nutrition, food provenance and the working characteristics of food materials.
At the heart of the qualification is a focus on developing practical cookery skills and a robust understanding of nutrition. The qualification brings together the most important elements of other food related courses under the umbrella of a brand new GCSE.

What will I study?

The new Food Preparation and Nutrition GCSE will help you to develop a greater understanding of nutrition, food provenance and the working characteristics of food materials. You'll also learn about food from around the world, through the study of British and international culinary traditions as well as developing an understanding of where food comes from (food provenance) and the challenges surrounding food security. You'll master culinary skills and appreciate the science behind food and cooking. This is an exciting and creative course which will allow you to demonstrate your practical skills and make connections between theory and practice.

RESOURCES

www.nhs.uk/livewell
NHS website giving top tips for eating more fruit and vegetables
www.food.gov.uk
Food Standards Agency – information about food safety and hygiene, labelling and packaging, nutrition.
www.nhs.uk/Change4life NHS guide to a healthy lifestyle for children and
families
AQA GCSE Food Preparation and Nutrition Paperback - Anita Tull

SETTING ARRANGEMENTS

Students to be placed in mixed sets working with differentiated material.
Students to demonstrate progression through KS3 in order to sit course.

ASSESSMENT

There will be one exam for this qualification, which will assess your knowledge of the theory behind food preparation and nutrition. The exam will be 1 hour 45 minutes long.
The second part of the assessment will be non-examination assessment and will consist of two tasks, involving practical work.
Task 1: Students will carry out an investigation into the scientific principles that underpin the preparation and cooking of food.
This task will provide you with an opportunity to demonstrate your knowledge and practically apply your understanding of the science behind cooking. You'll practically investigate ingredients and explain how they work and why.
Task 2: Students will plan, prepare, cook and present a 3 course menu.
This task will provide you with an opportunity to cook up a storm and showcase your creativity and cooking skills. You might make a street food menu, create delicious tapas dishes or cook up a menu for a student on a budget.

SELF STUDY ADVICE

Enhance your understanding of the subject by watching educational programmes related to food preparation, and cooking.
Develop practical skills at home to gain a wider appreciation of the range, type and use of food materials.
Be more aware of food labelling to make informed choices when purchasing food.
Use commodities and components healthily and wisely.

EXTRA CURRICULAR OPPORTUNITIES

Basic Food Hygiene course
Work experience in Anglo–Food Kitchen
Catering Road Show
After School - help clinic