

FOOD PREPARATION and NUTRITION GCSE

What are the key features?

Unfortunately, this course is NOT a catering focused course and therefore not all lessons are cooking lessons. Students must have a love and understanding for Science as the course is theory-heavy with cookery only in place to bring the theory to life. Students will also be expected, at times, to work through their break, lunch or form time to complete practical work.

During the course, students *will* use a variety of practical cooking techniques to prepare and cook food. Through this, they will gain a proper understanding of the scientific principles behind food and nutrition. The course will allow (at times) the students to release their creative flair. This will be executed through the modification of recipes, to improve the nutritional profile for their dish.

This course allows students to develop vital life skills, as well as promoting independent thinking, forward planning and organisational skills.

The course is delivered through:

- Practical sessions to ensure a greater understanding of the working characteristics of food materials.
- Theory sessions and testing to help students develop their knowledge and understanding.
- Science-based investigations and responses to specific exam briefs.

Using current media information and various techniques, students will investigate and debate the relationship between diet, nutrition and health; as well as the physiological and psychological effects of poor diet.

Topics include:

- Food nutrition and health, food science, food safety, food choice, food provenance.

How is it assessed?

There are two Non-Exam Assessments worth 50%. There is also a 1 hour and 45 minute written exam, which contributes to the final 50% of the final grade.

What particular skills are required to succeed?

- A good understanding and enjoyment of Science (the course has a close link with Chemistry).
- Students must be prepared to work hard and meet deadlines.
- Students must be able to work safely and responsibly in the kitchen environment.

Why study this course?

Students taking Food & Nutrition GCSE are able to develop their skills further in KS5 with courses in Sports Science, Health and Social Care, Childcare, Nursing and, of course, Culinary Arts. It also prepares students for study towards degrees with a focus on Food and Nutrition Science, Food Manufacturing or Food Biotechnology (a big growth area).

What equipment is required?

All cooking equipment will be provided by school, except for dishes to take food home in. Food students will be expected to bring their own ingredients for practical-based lessons or investigations.

If I have any questions which teacher do I ask?

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