



Course Title

Exam Board

**Food Preparation and Nutrition GCSE**

**AQA**

#### Course Description

In year 9 students prepare and cook a wide variety of products and they gradually build up their skills when following and adapting recipes, building on skills learnt at Key Stage 3, making main meals, desserts, cakes, snacks, biscuits and bread products. In making this variety of products, they will build up their making skills, for example, the preparation and cooking of meat, fish and poultry, fruits and vegetables, rubbing in, whisking, sauce making, making and handling different pastries and dough. Knife skills and Meat skills. Theory work will be based on nutrition, balanced diet, micro-nutrients and the functions of some of the basic ingredients.

In Year 10 students will start their GCSE. It is expected that students will learn about safety and hygiene related to food preparation, specific nutritional needs for target groups together with functions of ingredients, the science behind the making of the individual food products and food safety. They will also learn about the food provenance (where food comes from) and environmental issues associated with the foods that we eat, e.g. sustainable foods, food miles and fair trade. It is expected that students will select their coursework topic from a range of assignment briefs set by the exam board; the length and type of coursework is still to be decided.

At the beginning of year 11 the students will have to complete Assessment 1, which is The Food Investigation Assessment and is worth 15% of the total marks. This will include, research, planning, investigation into the working characteristics and the functional and chemical properties of ingredients.

This is followed by Assessment 2 which is The Food Preparation Assessment and is worth 35% of the total qualification.

The exam in May/June is worth 50% of the total qualification.

#### Type of Assessment

50% Coursework; 50% Exam (Single Tier)

#### Special Requirements

Students need to be extremely organised, remembering to bring ingredients and aprons each week, for the practical lessons and understand that this course is 50% theory lessons and 50% practical lessons

#### Career and Progression Opportunities

This qualification supports progression into further study (including Food Technology A Level) or training. Food Technology is the basis of all food product development. It is especially useful if you are considering a career in areas associated with hospitality, leisure, health and fitness, food manufacturers or retailers, marketing or journalism, public health, dietetics or teaching. Visit [www.foodmanjobs.co.uk](http://www.foodmanjobs.co.uk) to see some of the range of careers available. This shows just a few of the opportunities available for Food Technology students. In addition this can lead on to further courses or employment in the Catering industry.

#### Link to Syllabus

Food Preparation and Nutrition ?