

Food Preparation & Nutrition - GCSE Full Course

WJEC/Eduqas

Why study Food Preparation & Nutrition?

This subject builds on work at KS3 and will suit self-motivated students with a passion for cooking and a willingness to improve their knowledge and understanding of all things food! Regular practical lessons are vital to develop skills, therefore students must be organised when it comes to bringing in ingredients.

You will develop your understanding of the huge role food plays in keeping us healthy plus the factual, 'science bit' behind food preparation and cooking.

You will study:

- Food Commodities
- Principles of Nutrition
- Diet and Good Health
- The Science of Food
- Where food comes from
- Cooking and Food preparation

You will:

- Plan, prepare and cook a variety of dishes using different equipment and cooking techniques
- Learn about the functions of ingredients and foods
- Learn about the link between food, diet, nutrition and health
- Understand the different influences on food choices
- Learn about food safety and hygiene when preparing, storing, cooking and serving food
- Learn about ingredients and cooking processes from different culinary traditions

Assessment

There is an un-tiered, externally set and assessed written exam paper, covering grades A* to G. It is worth 50% of your overall result. It occurs at the end of Year 11.

Coursework

This will be worth 50% of your overall result.

You will complete two practical assessments, both in Year 11.

One is a Food Science Investigation and the other is a practical Food Preparation task.

