

GCSE FOOD PREPARATION AND NUTRITION

The five core topics studied in the theory section of the course:

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

Where does your GCSE grade come from

- Written exam 1hr 45 minutes in year 11 on the 5 topics (above)
- NEA (non-exam assessment) - Students will prepare, cook and present a final menu of three dishes within a single period of no more than three hours. NEA will include planning in advance for this, a 2000 word written report and photographic evidence of the process and the dishes made.

As part of the practical element, 12 key skills will be learnt

Skill 1: General practical skills (like measuring and weighing)

Skill 2: Knife skills

Skill 3: Preparing fruit and vegetables

Skill 4: Use of the cooker

Skill 5: Use of equipment

Skill 6: Cooking methods

Skill 7: Prepare, combine and shape

Skill 8: Sauce making

Skill 9: Tenderise and marinate

Skill 10: Dough

Skill 11: Raising agents

Skill 12: Setting mixtures

By the end of the course, you should be able to:

- Demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment
- Develop knowledge and understanding of the functional properties and chemical processes as well as the nutritional content of food and drinks
- Understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health
- Understand the economic, environmental, ethical, and socio-cultural influences on food availability, production processes, and diet and health choices
- Demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food
- Understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international), to inspire new ideas or modify existing recipes.

