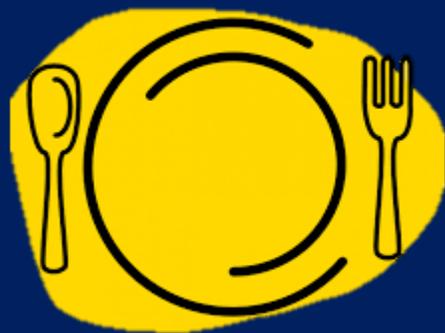




Food Preparation and Nutrition



CREATING A CLIMATE FOR GREAT LEARNING, SUCCESS AND OPPORTUNITY



Why study Food?



The Food GCSE is perfect for those that have a genuine interest in Food. You need an open mind for this subject and should be prepared to taste and make a wide range of meals and products.

The ideal food student:

- Independent
- A good time keeper
- Has an interest in Food, Nutrition & Science
- Already has basic food skills such as preparing vegetables or chopping for example
- Has parents/carers who can support the subject by buying ingredients for lessons

Creating a climate for great learning, success and opportunity



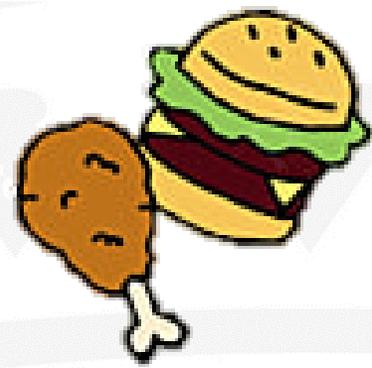
Is this GCSE right for me? What will I study?



- ❖ Food Nutrition and Health
- ❖ Working characteristics of food
- ❖ Food provenance, food from around the world
- ❖ The science behind food and cooking
- ❖ Food Safety and hygiene
- ❖ Food Choices – cuisines, sensory evaluation, food miles
- ❖ Food Preparation skills



Course Structure



Exam: Food preparation and nutrition.

Worth: 50%

Written exam taken in the hall:
Lasts: 1 hour 45 mins

Non-exam assessment (NEA) Y11 (coursework)

Worth: 50%

Task 1 (15%): Written report, including photographic evidence of the practical investigations

Task 2 (35%): Written report, including photographs evidence of three final dishes.



Non-exam assessment (NEA 1) 15%

Practical application of skills and knowledge.

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.



Example tasks could be

Investigate the use of raising agents in baked products



Investigate the ingredients used to thicken sauces and soups



Investigate the methods that prevent enzymic browning in fruit.



Non-exam assessment (NEA 2)- 35%

Practical application of skills and knowledge.

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.

Example tasks could be

Coeliac based three course menu



Italian three course menu



Vegan party three course menu



Kids party based three course menu



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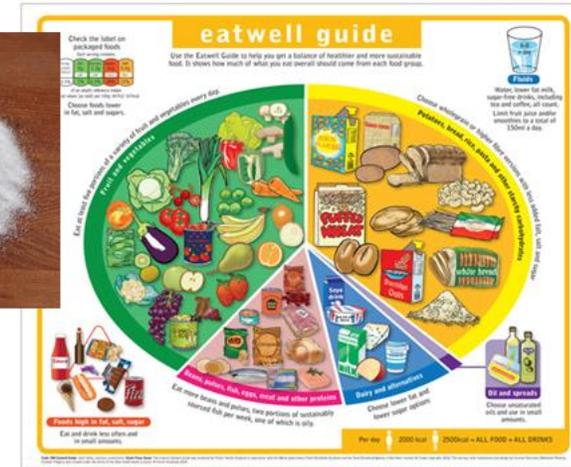
What have Y10 learnt so far?



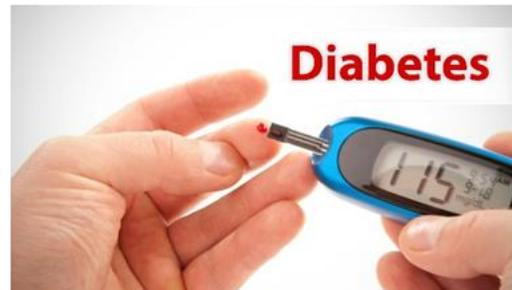
**VEGAN
VS
VEGETARIAN**




Nutrients



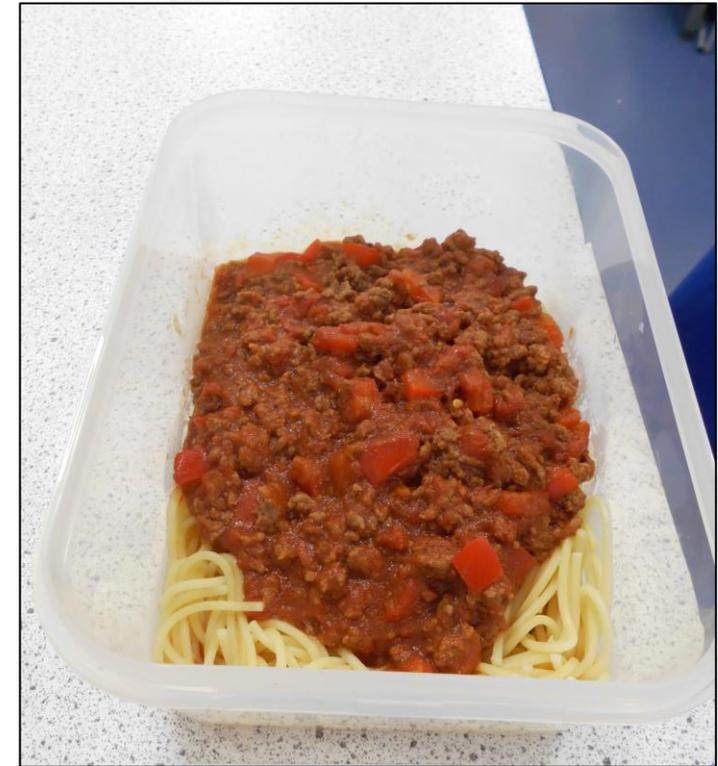
Carbohydrates





What have Y10 made so far?

- ✓ Fish finger & chips
- ✓ Cheese pasties
- ✓ Spaghetti Bolognese
- ✓ Swiss roll
- ✓ Sweet chilli chicken wrap
- ✓ Hot cross buns



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SUCCESS AND OPPORTUNITY

Y11

Products made from the three course meal- final assessment

Italian brief





Things to consider...



- The course has a science based content.
- The theory work is paramount. Homework is set and completed each week.
- You will fall behind quickly if you do not keep up with the theory work.
- There is a considerable amount of writing and independent research involved in this GCSE.
- You **MUST** bring ingredients to every practical lesson.
- You must be aware of time- 50 minute lessons are hard work- Be prepared!!



Moving forward.....



What could I do after I've finished the course?



A-Level/Btec courses in food science, food manufacturer, sports nutrition, hospitality, catering.....



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If you need any further information...

• Please contact me at:

lauren.linnett@bentonpark.mt.co.uk

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