

Food Preparation & Nutrition GCSE

Pupils are given the opportunity to make a huge variety of products over the course of two years in a well-structured environment. Pupils can achieve successful outcomes at the end of nearly every practical lesson which will impress their friends and family members. This course will give you valuable key life skills enabling you to cook and make informed choices about what and how well you are eating.

Exam Board: AQA

Qualification: 8585

GCSE Food Preparation and Nutrition

What will I study?

- Food Preparation Skills
- Food Nutrition and Health
- Food Safety
- Food Science
- Food Provenance
- Food Choice

During the course you will be given the opportunity to practise a **wide range of skills** along with having a greater understanding of **nutrition**, the **science** behind food as a material and **wider environmental aspects** associated with food.

In **Year 10** pupils will usually **cook once a week** along with completing a series of modules involving written work and food experiments.

In **Year 11** pupils will concentrate on completing **two Non Examination Assessments** (NEA) using a variety of research and investigation methods. Students will respond to one of three specified tasks set by the exam board.

Pupils will enjoy Food and Nutrition if they are **organised** and enjoy **experimenting** with food. It is more important for pupils choosing the course to enjoy **a large variety of foods** than have a natural flair for cooking; we will teach you how to cook!

The course is taught in a “hands on” **practical** way; consequently the **weekly purchase** of ingredients is essential. It is estimated to cost up to £5 per week. **Time** will also need to be allocated to visiting the supermarket. If **cost** is a **concern**, please ensure you have a **confidential discussion** with Miss Burnham prior to selecting Food Preparation and Nutrition as an option choice.

How will my course be assessed?

All assessments take place in **year 11**

September – December. NEA Task 1:

Food Science Investigation (10 hours) = 15% of GCSE

December – February. NEA Task 2:

Food Preparation Assessment (20 hours including a 3-hour practical assessment) = 35% of GCSE

May – June.

Written examination (1 hour 45-minutes) = 50% of GCSE

Students are expected to do their **own** ingredients shopping (not parents!) and be **prepared** for lessons, having **familiarised themselves** with their recipes prior to attending class.

How will it help me in the future?

The Food Industry is one of the world's fastest growing industries. In fact over 20% of the top 100 British Companies are in food manufacturing.

The food and drink industry is booming, with employment reaching the heights of 650,000 people and an annual turnover of £66 billion. The opportunities to work within the food industry really are endless. The food industry contains many multinational companies and opportunities for travel or work abroad exist for those who wish to spread their wings.

Some examples of careers in food are:

Dietician / Nutritionist, Food Sales and Promotion, Product Development, Consumer Technologist (Sensory Analysis and Product Tasting), Chef / Baker / Caterer, Food Journalist / Food Critic, Environmental Health Officer, Health & Safety Inspector, Food Service Management, Delicatessen / Restaurateur, Food Wholesaler, Production & Manufacturing, Quality Assurance / Standardisation, Purchaser (buys and sells food from around the world), Store Manager – Supermarket or Fast Food Chains, Packaging Technologist, Teacher (clearly the best career....)



Who do I see for further information?

Miss Burnham (jb@pershire.worcs.sch.uk) in T8 or Mrs Wright (hw@pershire.worcs.sch.uk) in T7.