

# GCSE Food Preparation and Nutrition



## Course Content:

Students will be taught the science behind what makes food tasty in the new GCSE in Food Preparation and Nutrition from exam board AQA. The qualification will also equip students with an unprecedented range of kitchen skills and an in-depth understanding of nutrition. Students will learn how different techniques affect the sensory and nutritional properties of food and be trained in setting up taste panels - the same method professional chefs use to trial new menu options. Students will learn about food origins, sustainability and the impact of food and food security on local and global markets and communities. They will get the opportunity to develop culinary skills including dough-making, reduction and filleting and then hone these techniques using recipes chosen from British and international cuisine.

## Skills needed and developed

- A course which focuses on developing creative cooking skills and a strong understanding of nutrition.
- Writing skills are required to interpret and develop a greater understanding of nutrition, food provenance and the working characteristics of food materials.
- The emphasis is upon enabling learners to make connections between theory and practice and apply understanding of food and nutrition when preparing and cooking food.

## Assessment Methods:

Unit 1: Two tasks

The Food Investigation (15%) Recommended time 10 hours

The Food Preparation Assessment (35%)

Recommended time 20 hours (including 3 hour period for final practical task).

Unit 2: Single written examination paper

1hr 45 minutes duration.

## Qualification gained at completion of the course:

GCSE: Food Preparation and Nutrition

## Possible Pathways and Careers:

Upon completion of this course, students will be qualified to embark on an apprenticeship or further education which will enable them to pursue a career in Food, including development, research or becoming a professional chef.

