



KS4 courses

Food Preparation and Nutrition

Subject Teachers: Mr A Thompson

Why study GCSE Food Preparation and Nutrition

Key features of the course:

1. Cooking is a life skill
2. Opportunity to develop culinary skills, techniques and methods in a creative and imaginative way
3. Broaden knowledge and understanding about how the body functions and uses food in relation to food properties and energy consumption
4. Explore food provenance from ground to plate
5. Understand food influences from around the world, including religion, food origins, dietary requirements, intolerances and allergies
6. Ongoing Analysis and Evaluations to encourage the exploration of new ideas and the use of initiative in a variety of scenarios



Food Preparation and Nutrition: Career Pathways

Having a Food Preparation and Nutrition qualification can lead to a variety of career choices:

- Cook/Chef
- Catering
- Hospitality
- Nutritionist/Sport Nutritionist
- Food Development and Marketing
- Food Science
- Self Employment
- KS5
- Catering College
- Dietician
- Teacher



What will you cover in Food Preparation and Nutrition

The course is divided into 4 main areas

A: Nutrition:

Developing knowledge and understanding of the nutritional content, function and chemical processes of food and drink. The relationship between diet, health and nutrition.

B: Food:

Understand the economic, environmental, ethical and socio-cultural influences on food availability, production processes, diet and health choices

C: Cooking and Food Preparation:

Opportunity to demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and food safety when preparing, processing, storing, cooking and serving food

D: Skill Requirements:

Demonstrate safe and effective cooking skills when planning, preparing and cooking using a wide variety of food commodities, cooking techniques and equipment. Explore different culinary traditions and cultures and the influence of both British and International cuisine



How you will learn in Food Preparation and Nutrition?

The course content is delivered in a variety of ways including:

- Teacher led lessons
- Research projects and Explorative Tasks
- Practical Cooking Demonstrations (Teacher and External Specialists)
- Individual and Group Cooking
- Pupils working in the Kitchen Garden (Dig2Dish Club)
- Pupils Evaluating and Analysing own and other's dishes
- Supported by Google Classroom and Dynamic Learning Platform

How you will be assessed in Food Preparation and Nutrition?

Component	Assessment Type	Time and marks	% of qualification
Food Preparation and Nutrition	Written examination paper	100marks 1hour 30 minutes	50%
Food Investigation Task (Coursework)	Non-examined Assessment	45marks	15%
Food Preparation Task (Coursework and Practical Cooking)	Non-examined Assessment	105 marks	35%

What do current students say about Food Preparation and Nutrition

“IT HAS HELPED ME DEVELOP MY COOKING SKILLS.”

“IT’S MADE ME MORE CONFIDENT IN THE KITCHEN AT HOME.”

“I HAVE FOUND THE FOOD SCIENCE INTERESTING AND IT HAS ENCOURAGED ME TO EAT HEALTHY AND TO LOOK FOR A CAREER IN FOOD.”

GCSE Food Preparation and Nutrition



For further details and information about the GCSE Food Preparation and Nutrition qualification please feel free to make contact with current teachers of this subject.

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