

AQA GCSE Food Preparation and Nutrition

What will I learn in Food Preparation and Nutrition?

The new Food Preparation and Nutrition GCSE is an exciting and creative course which focuses on practical cooking skills. The course will ensure students develop an understanding of nutrition, food provenance and the working characteristics of food materials. Students will also learn about British and international culinary traditions and about food security and food safety. At the heart of the qualification is a focus on developing practical cookery skills and a strong understanding of nutrition and the science behind food.

What is the course overview for Food Preparation and Nutrition?

- Food Preparation skills
- Food, Nutrition and Health
- Food Safety
- Food Science
- Food Provenance
- Food Choice

How will I be assessed in Food Preparation and Nutrition?

This will come in the form of 2 units: Assessment Unit 1:

Written examination: worth 50% of their qualification (or grade)

This consists of a **1 hour 45 minute written exam** taken in the summer term of Year 11 on the Principles of Food Preparation and Nutrition. This is broken down into two parts:

- Section A: 20 marks - Multiple choice questions on course content
- Section B: 80 marks - 5 questions varying in styles of approach and content

Unit 2: Two Non – exam assessments (NEA's)

• NEA 1 – Food Investigation Assignment 15%:

Students will conduct experiments into a given brief and write a report on their understanding of the scientific principles that underpin the preparation and cooking of food. This is completed from September of Year 11 as the brief of this assignment won't be released before then.

• NEA 2 – Food Preparation assessment 35%:

Students will plan, prepare, cook and present a three course menu within 3 hours. A portfolio is also produced that will include clear and detailed time plans to explain how they carried out their preparation, cooking and

presentation of their three final dishes; evaluation of cost; evaluation of sensory properties and nutritional characteristics of each dish. This is completed in Year 11.

Points to Note:

It is important for parents to note that students are required to provide their own ingredients for practical lessons and their NEA 1 and NEA2 unless they are told otherwise, as practical work will make up the vast majority of their overall GCSE grade.

What skills will I develop in Food Preparation and Nutrition?

Food Preparation and Nutrition will enable students to develop many desirable skills that both employers and universities seek. Primarily students develop their practical cookery skills through making a large variety of recipes and practicing key culinary techniques. In developing these skills students will develop their communication, teamwork, problem solving and analytical skills. The course will help students develop an understanding of the future of food, the role it plays within society and how as consumers we have the power to make moral and ethical decisions that can make a difference to the judgements in a supportive and creative classroom environment.

Why should I study Food Preparation and Nutrition?

The fresh and exciting new GCSE in Food Preparation and Nutrition equips students with an array of culinary techniques, as well as knowledge of nutrition, food traditions and kitchen safety. The course will inspire and motivate students, opening their eyes to a world of career opportunities and giving them the confidence to cook with ingredients from across the globe.

Which career pathways will Food Preparation and Nutrition lead to?

Food Preparation and Nutrition can lead to a number of careers not just those directly linked with the food industry. It can also help to support applications to a wide range of further education courses such as Food Science, Product Development, Food and Nutrition, Sports Science, Midwifery and Nursing, Medicine, Dietetics, Catering and Hospitality, Food Journalism and PR, Food Styling and photography, food Retail, Environmental Health and The Food Standards Agency.

Who should I contact for more details about Food Preparation and Nutrition?

Please contact Mrs Robinson for further information – srobinson@saint-martins.net

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