

# Food & Nutrition

Head of Department

Miss S Morgan

*This course is designed to equip learners with the knowledge, understanding and skills required to cook and apply the principals of food science, nutrition and healthy eating. It encourages learners to cook, enables them to make informed decisions about food and nutrition and allows them to acquire knowledge to be able to feed themselves and others affordably and nutritiously. Through a combination of practical, experimental and written work students will also acquire an in-depth understanding of the physical changes that occur when food is cooked, the impact that this has upon the nutritional profile of different foods in order to apply this knowledge to a range of different situations.*

## GCSE Food Preparation & Nutrition

Awarding Body: AQA

Possible Grades: 9-1



### Course Outline

By the end of the course students will be able to:

- Be able to demonstrate effective and safe cooking skills by planning, preparing and cooking a range of food commodities, using different techniques and equipment as well as microbiological food safety considerations
- Develop knowledge and understanding of the functional properties and chemical characteristics of food as well as the nutritional content of food and drinks.
- Understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health.
- Understand the economic, environmental, ethical and socio-cultural influences on food availability, production processes, diet and health choices.
- Understand and explore a range of ingredients and processes from different culinary traditions to inspire

new ideas or modify existing recipes.

- In addition to the curriculum content, students will also develop a wide range of other skills: Team work; Time management; Organisation; Problem solving; Independence.

### Assessment

Written examination: 50%

Non-exam assessment: 50%

The formal written examination is a 1 hour and 45 minutes long, taken in the summer of year 11.

The non-examination element consists of two tasks: a scientific food investigation, assessed with a written report (15%) and a 3 hour food practical preparation assessment including a portfolio of evidence (35%).



Specification link:

<https://www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585>

**Recommended textbook:** New 9-1 GCSE Food Preparation & Nutrition (CGP 2018)

[https://www.youtube.com/playlist?list=PLXVl8Mt9AJ\\_qIi4FVE41vterGuB87YZT1](https://www.youtube.com/playlist?list=PLXVl8Mt9AJ_qIi4FVE41vterGuB87YZT1)