

# FOOD PREPARATION AND NUTRITION - GCSE

## What qualification does this course lead to?

OCR GCSE Food Preparation and Nutrition (Grades 9 – 1)



## What Topics will I study?

You will study 5 units of work

- **Nutrition** - The relationship between diet & health; The dietary needs of different groups of people; Energy balance; Source, functions and deficiencies of the nutrients
- **Food: food provenance and food choice** - Sourcing, processing & production of food; Food security; Technological advances in food production; British and international cuisines; Sensory analysis; Factors affecting food choice
- **Cooking and food preparation**
  - **The science behind cooking**
  - **Food safety**
- Skills requirements: **preparation and cooking techniques** - How to handle, prepare and cook meat/poultry/fish/alternatives; How to prepare fruits & vegetables; How to make a range of bread, cakes, biscuits and pastries; How to cook with eggs and dairy

## What understanding and skills will I develop?

- How to safely produce a wide range of dishes by **planning, preparing and cooking** using a variety of ingredients, food commodities, cooking techniques and equipment.
- You will develop knowledge and understanding of the **functional properties and chemical processes** as well as the **nutritional content** of food and drinks.
- An understanding of the **relationship between diet, nutrition and health**, including the **physiological and psychological effects of poor diet and health**.
- Understand the **impact of economic, environmental, ethical and socio-cultural influences** on food availability, production processes and diet and health choices.
- You will be able to demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and **microbiological food safety** considerations when preparing, processing, storing, cooking and serving food.
- **Investigate and explore a range of ingredients** and processes from **different culinary traditions** (traditional British and international), to inspire new ideas or modify existing recipes.

## How will I learn / how will I be taught?

Food preparation and nutrition is an **academic subject** with a considerable amount of theory and significant **element of science, especially chemistry**. This subject is taught through a range of both theory and practical activities. You will be expected to supply ingredients for the practical work completed. This subject **is not for you if you are a fussy eater** as you are expected to complete a written report after each practical lesson.

## How will I be assessed?

This course is internally assessed through two non-examined assessment (NEA) and externally assessed via a written examination.

**Non Examined Element (NEA) is completed during year 11; this contributes 50% of final marks.** The NEA tasks are released by the exam board on the 1<sup>st</sup> September and 1<sup>st</sup> November in Year 11.

Task 1 – Scientific investigation (15%)

Task 2 – Prepare, cook and serve activity (35%)

**External Examination is sat at the end of year 11 and is worth 50% of final mark;** this will include examination of the 5 units of work (detailed above.)

## What can this course lead on to?

P16 study of nutrition and health or a career in food product development; dietetics; health promotion; the medical profession or sports science.

## Who do I need to contact for more information?

Mrs E. O'Donnell

