

## **GCSE Food & Nutrition**

### **Should I choose Food GCSE?**

Only if you enjoy cooking! GCSE Food is an exciting and creative course which focuses on practical cooking skills and a large part of the course is about perfecting your skills as a chef. There is also a significant amount of food and nutrition theory, and you will develop a thorough understanding of relationship between diet, nutrition and health, as well as the science of food to help develop dishes. If you enjoyed your food lessons in Years 7, 8 & 9 then this a good option for you.

### **Can I cook at home? Will this help my grade?**

Yes. The students who are passionate about cooking regularly practice at home. Nothing you do at home will count towards your practical grades but it is brilliant to practice as it will improve your cooking skills and techniques.

### **Is Food & Nutrition just like The Bake off or Master Chef?**

In some ways, yes! You are given a set time and you must cook something in that time that is graded for the practical exam. So, if you think you could do well in those types of environments take this option. You also get to eat whatever you cook!

### **Are there good career prospects in Food & Nutrition?**

This course gives you a range of skills, like planning and organising, working independently, understanding and applying science and even creative skills which are sought after in a wide range of careers.

The hospitality industry is huge all over the world so there is always work for people with formal food qualifications and experience. For example, you could be designing new ice cream flavours, or working in a hotel, restaurant or tourist attraction. You could also be working in distribution or retail for a supermarket or advising people about healthy eating as a nutritionist.