

GCSE Food Preparation and Nutrition – Y9 Transition

GCSE Food Preparation and Nutrition equips you with the knowledge, understanding and skills required to cook. You will learn how to apply the principles of food science, nutrition and healthy eating to everyday food preparation.

This GCSE encourages you to cook at school and at home and it enables you to make informed decisions about food and nutrition as well as elevate foods that you might already know how to cook.

<p>Preparation</p>	<p>If you can, cooking practice at home is always beneficial to helping you succeed in this course, particularly in the practice of presenting food - a skill we often do not have time to perfect in our year 9 lessons.</p> <p>If you would like to explore further some of the knowledge you will learn, the following is a breakdown of the topics covered. See a member of the Technology department if you would like access to the online resources for these topics (i.e. online textbook):</p> <p>Term 1: Principals of nutrition & cereals</p> <p>Term 2: Diet and good health & milk, cheese and yoghurt, butter, oil, margarine</p> <p>Term 3: The science of cooking food &, sugar and syrup</p> <p>Term 4: Food spoilage, food provenance and food waste & eggs & beans nuts seeds, soya, tofu and mycoprotein</p> <p>Term 5: Cultures and cuisines & meat, poultry, fish</p> <p>Term 6: Technological developments, factors effecting food choice</p> <p>Be mindful of the things you are learning in year 9 and the things you have learned in year 7 and 8 Food Preparation and Nutrition– as it is all relevant to this course. www.foodafactoflife.com is an excellent place to find reliable information on this subject.</p>	
<p>Overview of course</p>	<ul style="list-style-type: none"> ✓ Exam Board: Eduqas ✓ External exams: A single 1hr 45min exam (50% of final grade) ✓ Themes: Food commodities, principles of nutrition, diet and good health, the science of food, where food comes from, cooking and food preparation ✓ Non-Examine Assessment 1: (15% of final grade) A single scientific food investigation based on a topic provided by Eduqas. You will produce a 1800-2000 word report which evidences your research, planning and experiments before concluding your findings. ✓ Non-Examine Assessment 2: (35% of final grade) You will cook and present a menu of 3 dishes based on a contextual challenge set by Eduqas. Involving the following: <ul style="list-style-type: none"> · Research, plan and cook 4 or 5 dishes (trials) · Choose 3 dishes to cook and present in a 3-hour practical exam · Evaluate the dishes and write up the whole process in a 30-page (max) document. 	
<p>Short term focus: Term 1</p>	<p>In the September of Y10 you start straight away with a range of low, medium and high skilled practical dishes. As well beginning work on the principals of nutrition.</p>	
<p>Careers & Suitability</p>	<p>This course would suit you if:</p> <p>You are hardworking and determined</p> <p>You have a passion for making food and creativity in the kitchen</p> <p>You have an interest in cooking/baking in their own time</p> <p>You have an interest in food science and applying this knowledge to cooking food</p>	<p>Careers:</p> <ul style="list-style-type: none"> · Dietitian/Nutritionist · Food Scientist · Chef · Hospitality and Catering · Research and Product Development · Personal Trainer · Sports nutritionist · Food product development · Advertising and Marketing · Medicine