

KEY STAGE 4: FACULTY OF SCIENCE, INNOVATION & CREATIVITY

FOOD PREPARATION & NUTRITION

Teacher in Charge

MRS S HALSTEAD

What course do I follow?

EDUQAS GCSE Food Preparation and Nutrition

Food Preparation and Nutrition will provide you with the knowledge, understanding and skills you need to prepare and cook food safely using a wide range of different food commodities, cooking skills and techniques and equipment. It will help you understand:

1. The relationship between diet and health and the effects of a poor diet on health.
2. How a range of different factors affect our food choices (including economic, environmental, ethical, and cultural influences, as well as food availability and food production processes).
3. The functional and nutritional properties, working characteristics and sensory qualities of foods and how food science principles can be applied.
4. How to prepare, process, store and cook food safely.
5. Different culinary traditions and the ingredients and cooking techniques they use.

What will I study?

The course is divided into six areas of content, which you will study:

1. Food Commodities
2. Principles of nutrition
3. Diet and good health
4. The science of food
5. Where food comes from
6. Cooking and food preparation

Details of Assessment

What's assessed.

Theoretical knowledge of food preparation and nutrition

How it's assessed

Written exam: 1 hour 45 minutes

100 marks

50% of GCSE

Non-examination assessments: assessment 1 and assessment 2

100 marks

50% of GCSE

Assessment 1: The Food Investigation Assessment

A scientific food investigation which will assess knowledge, skills and understanding relation to the scientific principles underlying the preparation and cooking of food. Written or electronic report (1,500–2,000 words) including photographic evidence of the practical investigation. 8 hours to complete and 15% of qualification.

Assessment 2: The Food Preparation Assessment

Preparing, cooking and presenting a menu to assess knowledge, skills and understanding relating to the planning, preparation, cooking and presentation of food. Written or electronic portfolio including photographic evidence. Photographic evidence of the three final dishes must be included. 12 hours to complete and 35% of qualification.



***“Pupils are proud of the work they complete in Design and Technology”.
Ofsted 2019***

Where does this lead to?

(just a few of many examples)

[Dietician](#)
[Food Developer](#)
[Food Technologist](#)
[Chef](#)
[Restaurateur](#)
[Nutritionist](#)
[Food scientist](#)
[Food vlogger](#)
[Personal Trainer](#)
[Farmer](#)
[Barista](#)
[Baker](#)
[Animal food specialist](#)
[Food waste manager](#)

And many more!

Post 16 design and technology allows you to pursue: BTECs, NVQs, A-Levels, Higher Nationals, and Degree, and apprenticeships.

Examples of apprenticeships that relate to food:

Food technologist - Level:3 (equivalent to A levels at grades A to E). Typical length:36 months
 Food and Drink Advanced Engineer - Level:6 (equivalent to bachelor's degree). Typical length:60 months
 Advanced butcher - Level:3 (equivalent to A levels at grades A to E). Typical length:22 months
 Senior chef production cooking - Level:3 (equivalent to A levels at grades A to E). Typical length:12 months
 Hospitality team member - Level:2 (equivalent to GCSEs at grades A* to C). Typical length:12 months

Examples of degree courses that relate to food:

Bath Spa University
 BSc (Hons) Food with Nutrition

University of Plymouth
 BSc (Hons) Dietetics

Royal Agricultural University
 BSc (Hons) Agri-Food Business Management

Local courses in food:

<https://www.reaseheath.ac.uk/further-education/courses/bakery-patisserie-and-confectionery/>

