WOODSIDE HIGH

OPTIONS SUBJECTS

GCSE Food Preparation & Nutrition

HEAD OF DEPARTMENT

Mr C Archer

EXAM BOARD

AQA

BREAKDOWN OF MARKS

15% NEA1 (Science based coursework)

35% NEA2 (Practical/skills based coursework)

50% Written Exam (100 marks)
Written exam: 1 hour 45 minutes
The exam comprises of:
Multiple choice questions (20 marks)
Five questions each with a number of sub questions (80 marks)

SKILLS

Food Preparation Skills – these are intended to be integrated into the five sections:
Food, Nutrition and Health
Food Science
Food Safety
Food Choice
Food Provenance

VITAL INFORMATION

You must be able to work under pressure - especially timings
You will need to demonstrate the importance of good hygiene food safety and kitchen cleanliness at all times
You will be expected to make connections between theory and practice as the course is 50% written

CURRICULUM CONTENT

This course focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials. At its heart, this qualification focuses on nurturing students' practical cookery skills to give them a strong understanding of nutrition.
Students must be able to:
*Make the connections between theory and practice to apply their understanding of food and nutrition to practical preparation.
*Demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment
*Develop knowledge and understanding of the functional properties and chemical processes 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, and diet and health choices
*Demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food
*Understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international), to inspire new ideas or modify existing recipes
In year 11 they produce two written (Non Exam Assessments).

CURRICULUM & CAREER PROGRESSION

NEXT STEPS

Upon completion of this course, students will be qualified to go on to further study, or embark on an apprenticeship or full time career in the Catering or Food Industries; Hospitality; NVQS; GNVQ'S

CAREERS

Dietitian
Chef/Cook
Health Inspector
Food Technologist
Sensory Tester
Product Developer