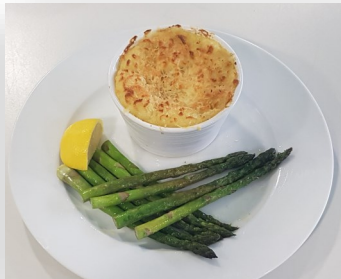


# Food Preparation and Nutrition GCSE

This exciting GCSE Food course is designed to teach you the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. It is delivered through a wide range of different food preparation skills and making activities.

There are 5 main topics of study: Food, Nutrition and Health, Food Science, Food Safety, Food Choice and Food Provenance. You will develop a wide range of effective and safe practical cooking skills using a variety of ingredients, cooking techniques and equipment.

The course is 50% Non Examined Assessment (NEA) and 50% Final examination, all of which is undertaken in Y11. The NEA includes a Food Investigation and a final Food Preparation Task which will require you to produce a portfolio on a given task then prepare, cook and present a final menu of 3 dishes within a set amount of time.



## Teaching and Learning Methods

Within Food Preparation and Nutrition a practical approach across the two years is essential to develop your knowledge and breadth of skills, such as: experimental practical work; group work; producing a range of sweet and savoury dishes to learn specific technical skills; having the ability to problem solving; time management; and multitask independently.

You will be supported within the NEA challenges and intermediate deadlines will be set throughout, so that you can be focused in achieving your best possible result.

