



Food and Nutrition

“First we eat, then we do everything else.” - MFK Fisher (food writer)

Food is essential to life. The food industry is one of the biggest employers in the world and is constantly changing. This course is one for those who have a love of food and has both theory and practical elements. Studying this course will give you the opportunity to learn, extend and apply skills and knowledge of food preparation and practical skills. You will also learn and understand the science behind what is in our food, how we make it safe to eat and what happens when we cook and eat it.

Outline of Course

The areas studied for examination will be:

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

As you can see, this is a rigorous and focused course with a high emphasis on written work in nutrition, food science combined with practical skills, which students will use throughout life. A range of recipes and skills will be practiced most weeks in line with the theory topics being covered.

Additional Costs

There will be an expectation that students will supply ingredients for practical work most weeks and a course contribution of £10 per year towards materials used.

Assessment Method

Paper 1: Food Preparation and Nutrition:

What is assessed: Theoretical knowledge of food preparation and nutrition as shown above.

How it is assessed: Written exam: 1 hour 45 minutes

- 100 marks, 50% of the GCSE

Questions: all open-ended questions, no multiple-choice options.

- Section A – one visual stimulus question with a number of sub questions (15 marks)
- Section B – 7/8 questions each with a number of sub questions (85 marks)

Non-exam assessment (NEA):

What is assessed: Task 1: Food Investigation 15%

Students understanding of the working characteristics, functional and chemical properties of ingredients.

Practical investigations are a compulsory element of this NEA task.

Task 2: Food Preparation Assessment (35%)

Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task.

Students will prepare, cook, and present a final menu of three dishes within a single period of no more than three hours, planning in advance how this will be achieved.

How it is assessed:

Task 1: Written or electronic report (1500-2000 word limit) including photographic evidence of the practical investigation. (8 hours allocated)

Task 2: Written or electronic portfolio including evidence – 15 pages (30 sides limit). Photographic evidence of the final three dishes must be included. (12 hours allocated)

The NEA, set by the exam board, will all be completed in year 11. Task 1 is released by the exam board in September for completion in 8 hours and Task 2 is released in November for completion in 12 hours.

Did you know?

Food research and production is the world's **BIGGEST** industry, and, in the UK, it is the largest employer. There is a shortage of food scientists and technologists in the UK and an advanced qualification in food can lead to careers such as a dietician, manufacturer, quality control analyst, nutritionist, food analyst, product developer and in consumer research, among others.

For further information see

Miss C Turner cturner@sharnbrook.academy