|  |
| --- |
| Course name: Food Preparation and Nutrition |
| Which course/ syllabus will I be following? AQA GCSE Food Preparation and Nutrition |
| ReasonStudents who study this course will obtain an introduction to food science, nutrition and healthy eating. They will understand the principles behind the science of food; how and why food is cooked; food spoilage and contamination; sustainability, food labelling and marketing. Throughout Year 10 students will practise the acquisition of food preparation skills.In Year 11 students will complete two pieces of NEA (Non-Examination Assessment) – see below. Lessons will consist of:Practical lessons: learning in-depth food preparation skills.Theory lessons: acquiring knowledge on the specification topics to prepare students for the written exam.Homework will be used to reinforce knowledge and revise in preparation for assessments. |
| How is the course assessed?**15% Food Science Investigation:** this is released at the beginning of September in Year 11. Students spend a maximum of 10 hours experimenting with different types of food products and their functions in recipes. They are then required to write a report including photographs, of approximately 1500-2000 words. *This is internally assessed.* **35% Food Preparation Assessment:** this is released at the beginning of November in Year 11. This task is set by AQA. The aim being to produce a three-course meal showing as many preparation skills as possible. Students are allowed a maximum of 20 hours research and initial preparation followed by a 3 hour practical exam to showcase skills. *This is internally assessed.* **50% Written Exam**: Students will take their exam in the summer of Year 11. The exam will contain multiple choice, descriptive and extended writing style questions and will cover the topics of the application of nutrition principles, cooking of food and heat transfer, functional and chemical properties of food, food spoilage and contamination, sustainability, food labelling and marketing, food processing and production, sensory evaluation. *This is externally assessed.*  |
| Which careers/ post 16 courses will this course help me to prepare for?Students can then go on to study a wide variety of food based Level 3 courses in Food and Nutrition, Hospitality and Catering, Nursing, Caring, and Sports Science. |