



OLD BUCKENHAM  
HIGH SCHOOL

*Be the best we can be*

# OBHS KS4 Subject Information

Food & Nutrition

Teacher of Food & Nutrition: Mrs Read

Head of Faculty: Mrs Woods



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# Course Overview

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## Why Study Food & Nutrition?

This new GCSE Food Preparation and Nutrition is an exciting and creative course which focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials.

This course will develop your cooking skills and enable you to make informed decisions about food and nutrition allowing you to be able to feed yourself and others affordably and nutritiously, now and later in life.

This course is a practical and theory based GCSE which means that you will take part in practical cooking sessions in school. You will also learn about food science; why we cook food and why we use certain ingredients from a scientific point of view, by doing experiments in class.

There is also a written exam where you will be assessed on your knowledge of ingredients, cooking processes and food production.





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## Examination and Assessment: Examination Board: Eduqas

Coursework (NEA) makes up 50% of your final mark. Both NEA1 is a Food Science project (15%) and NEA 2 is a planning, research and making project with a practical exam where you will be expected to make a 3 course meal in timed conditions (35%.) Both set by Eduqas and completed in School throughout Year 11.

The written theory exam takes place at the end of Year 11 and makes up the remaining 50%.

### **Pick this course if you...**

enjoyed Food lessons in Years 7, 8 and 9 and want to develop your skills, enjoy cooking and/or want to follow a career in the food industry.

Food and Nutrition can lead to... courses in Catering, Food Technology, Nutritionist, Dietetics, Health & Social Care and Leisure & Tourism. It has strong links with Science and can be studied to degree level.