

Educas GCSE Food Preparation and Nutrition FAQs

- **How will the course be assessed?**

There are two Non Examination Assessments, together worth 50% of the course.

NEA 1 (15%): You carry out an **experiment** to explore an aspect of how ingredients work in recipes (set by the exam board). We provide the resources, and with clear written guidance to help you carry out the experiment, take photos and write up your findings.

NEA 2 (35%): Written planning and review based on **cooking 3 skilled dishes in 3 hours**- a cookery exam in the Spring term of year 11.

Examination (50%)

There is also written examination at the end of year 11, lasting 1 hour 45 minutes. We provide a course textbook and lots of revision materials including two textbooks.

- **What learning will the written examination be based on**

In a nutshell, you will be learning about

- ✓ Nutrition, healthy diets, and making informed food choices for people with differing nutritional needs
- ✓ The food science behind how recipes work (so you can be an even better cook)
- ✓ Where food comes from- how ingredients are produced and processed, differing varieties
- ✓ British and International cuisines, including diets for different religions
- ✓ Food and the environment, sustainability
- ✓ Cooking and food preparation, including food safety

- **How often will we cook?**

You will cook, or be involved in practical activities, most weeks during year 10. The lessons are fun!

In year 11 the focus will be on preparing for the Non Exam Assessments (coursework), including your cookery examination.

- **What cookery skills will I learn?**

The focus is on developing your cookery skills while making **economical nutritious meals suitable for sharing with your family**.

Students have widely varying cookery skills when they start in y10, and we can help you all to make progress throughout this course, whatever your starting point.

Some of the exciting cookery skills you can learn are:

Sauces such as velouté/ béchamel/ crème patisserie/ reduced tomato sauce/ curry sauce/ mayonnaise

Soups- chunky and smooth

Homemade pasta: tagliatelle, ravioli, noodles

Pastry: shortcrust- pies, pasties, quiche, / sweet shortcrust- fruit Bordelaise, Lemon meringue pie /flaky- such as sausage rolls, galettes, apple turnovers/ choux- profiteroles, eclairs

Bread: sweet and savoury variations such as calzone, bread rolls, bread swirls, Hot Cross Buns, Chelsea buns, naan bread

Learning how to joint a chicken, skin fish (both optional)

Cakes: rubbing in/ creaming/ all-in-one/ whisked

Gelatine cookery (optional)

Forming foods such as burgers, falafel

Styling food to look exciting, different icings, chocolate work

- **Will I need to provide any special equipment?**

All equipment is provided by school. You will just need a container and a strong 'Bag for Life' for taking food home in. Sometimes we ask you to bring in an ovenproof dish if you have one (because then you can use it to cook food in and then carry it home). However, we can always help with this too.

- **I am vegetarian- do I have to use meat or fish?**

Absolutely not! You do not have to handle, cook with, or eat anything you do not want to. All recipes have alternative ingredient suggestions to suit family preferences. In fact you will be learning in depth about how to meet the nutritional needs of vegetarians, and cook with alternative protein foods.

- **I have a nut allergy**

We do not allow any students to use nuts in recipes in the food department; we are a nut free zone.

- **Does it matter if I did not do Food in year 9?**

Not at all; we support students from any starting point.

- **I love cooking , but am not so keen on exams. Is this course suitable for all abilities?**

We also offer BTEC Level 1 and 2 Home Cooking Skills, starting in year 10 as an alternative to GCSE Food. This is based on cookery assessments and evidence (photographs and family feedback sheets) of you cooking at home. There is no written examination. Please talk to your food teacher/ Mrs Eastman if you are interested in this option.

- **Do I have to be good at science?**

In y11 for NEA1 you conduct a food science experiment.

Clear written and verbal guidance is given by your food teacher, to help you whatever your starting point. You will also be practicing relevant food science skills in year 10, so you will be fully prepared for this assessment. All resources are provided for NEA1.

- **Our family budget for food is limited, can you help?**

Students on Pupil Premium get all ingredients supplied by school.

For any questions not answered here please speak to your food teacher or email Mrs Eastman: leastman@stbarts.co.uk