

FOOD PREPARATION & NUTRITION

Exam board: Educas

[GCSE Food Preparation & Nutrition](#)

Course description:

GCSE Food Preparation and Nutrition is a new 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. At its heart, this qualification focuses on nurturing students' practical cookery skills, and giving them a strong understanding of nutrition.

Food preparation skills are integrated into five core topics:

- 1. Food, nutrition and health** – Macro Nutrients, Micro Nutrients, Nutritional Needs and Health.
- 2. Food science** – Cooking of food, Heat Transfer and the Functional and Chemical Properties of Food.
- 3. Food safety** – Food Spoilage, Contamination and the Principles of Food Safety.
- 4. Food choice** – Factors affecting Food Choice, British and International Cuisines, Sensory Evaluation, Food Labelling and Marketing
- 5. Food provenance** – Environmental Impact and Sustainability of Food, Food Processing and Production.



By the end of the course students will be required to:

1. Understand and apply the principles of nutrition and health to cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet.
2. Become competent in a range of cooking techniques, for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes.
3. Understand the source, seasonality and characteristics of a broad range of ingredients.
4. How to modify recipes and cook a range of dishes that promote current healthy eating messages.

5. How to use good food hygiene and safety practices when getting ready to store, prepare and cook food for safe consumption.
6. How to use a broader range of preparation techniques and practical skills when cooking.
7. How to adapt and use their own recipes to meet a range of dietary needs and life stages.
8. How to use awareness of taste, texture and smell to decide how to season dishes and combine ingredients.
9. The principles of food safety, preventing cross-contamination, chilling, cooking food thoroughly and reheating food until it is piping hot.
10. How to cook a range of high quality dishes with a good level of finish and presentation, containing a variety of different colours, flavours and textures.

Assessment:

Component 1: Principles of Food Preparation and Nutrition Written examination:

1 hour 45 minutes, worth 50% of the qualification.

This component will consist of two sections both containing compulsory questions and will assess the six areas of content as listed in the specified GCSE content.

Section A: questions based on stimulus material.

Section B: structured, short and extended response questions to assess content related to food preparation and nutrition.

Component 2: Food Preparation and Nutrition in Action Non-examination assessment (NEA); internally assessed, externally moderated. Worth 50% of the qualification.

Assessment 1:(8 hours) Food Investigation Assessment

A scientific food investigation which will assess the student's knowledge, skills and understanding in relation to scientific principles underlying the preparation and cooking of food. Students will carry out experiments based on a food science context set by Educas, and record the planning, testing results and analyses in a brief written report. An example would be to investigate the importance of gluten in bread making.

Assessment 2: (12 hours Assessment) The Food Preparation Assessment

Prepare, cook and present three skilled dishes which demonstrate the student's knowledge, skills and understanding in relation to the planning, preparation, cooking and presentation of food. Students write up the planning, time-plan, photographs testing and evaluation in a short report.

These assessments will be based on a choice of tasks released by Educas annually.

Why study Food Preparation and Nutrition?

There is a significant amount of practical cookery, so you will develop your ability to cook a repertoire of dishes successfully, using ingredients from across the globe.

This exciting new specification will equip you with an array of culinary techniques, as well as knowledge of nutrition, food traditions and kitchen safety.

You will develop the skills and knowledge to enable you to feed yourself and others healthily and economically.

Further information can be obtained from Mrs L Eastman, Head of Faculty Food & PDP