

Food & Nutrition

Title of course: Food & Nutrition

Qualification/level at the end of the course: GCSE

Course description: GCSE Food Science, Preparation & Nutrition offers an opportunity for students to develop their knowledge of the science and nutritional values of foods and their relation with the body, with a large emphasis on scientific investigations into the key properties of ingredients.



Food preparation skills are used in the production and development of food products. Students will work in our purpose built food rooms carrying out practical, investigative and theoretical work. This GCSE is suitable for any student wishing to broaden their knowledge of this area who is looking to either progress to further education or enter the world of work.

GCSE Food Science, Preparation & Nutrition covers the following topics:

- Functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food
- The functional properties and chemical processes, as well as the nutritional content of food and drinks in the form of a scientific investigation
- The relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health
- The economic, environmental, ethical, and socio-cultural influences on food availability, production processes and diet and health choices
- Ingredients and processes from different culinary traditions (traditional British and International) to inspire new ideas or modify existing recipes

Skills required: GCSE Food Science, Preparation & Nutrition will equip students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. Through studying these topics students will learn how to cook and prepare nutritious foods and learn how to analyse these products. Students will be expected to be highly organised and to resource all practical sessions. They must have a passion for Science, experiments and understanding nutrition and the body.

Cost: we will be asking for a donation of £10.00 to cover the experimental work ingredients for task 1 where students will be expected to carry out a scientific investigation into the working properties of foods (worth 15% of the overall grade). Students will also be expected to purchase a folder in year 11 for their controlled assessment. Any ingredients required for practical lessons where the students will take food produced home should where possible be brought in and paid for by them.

Assessment:

Unit 1: controlled assessment, 50% – worth 100 marks, 20 hours in total

- **Task 1:** Scientific investigation completed in 8 hours and worth 15% of the overall grade
- **Task 2:** Design and plan a menu completed in 12 hours and worth 35% of the overall grade

Unit 2: external examination, 50% – worth 100 marks, 1 hour 30 minutes

Six to eight compulsory questions comprised of short answer, structured and free response questions. Some questions may include stimulus material.

