



GCSE Food Preparation and Nutrition – 3hr Option

Wales High School - Year 9 Subject Options

Subject Content - What will you be doing?

GCSE Food Preparation and Nutrition offers a unique opportunity for students to develop their knowledge and extend their skills within the subject. It is a suitable qualification for those who want a broad background in this area and for those who wish to progress further in education. It will offer valuable preparation for those entering the world of work and the food preparation industry. Students study a range of topics including; food commodities, principles of nutrition, diet and good health, the science of food, where food comes from, cooking and food preparation.

This course will offer students the chance to:

- Demonstrate effective and safe cooking skills by planning, preparing and cooking a variety of food commodities whilst using different cooking techniques and equipment.
- Develop knowledge and understanding of the functional properties and chemical characteristics of food as well as a sound knowledge of the nutritional content of food and drinks.
- Understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health.
- Understand the economic, environmental, ethical and socio-cultural influences on food availability, product processes, diet and health choices.
- Demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food.
- Understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international) to inspire new ideas or modify existing recipes.

Key Points about the Subject

A number of transferable skills are also developed throughout the course including communication skills, team working skills, problem solving and time management.

You will be assessed on practical work and coursework, which accounts for 50% of your GCSE.

You will take a final written exam worth 50% of your final GCSE.

Who can I speak to for more information?

Miss T Hayhurst , Teacher of Food Preparation and Nutrition
Mrs D Swain, Head of Design & Technology

