

# Food and Nutrition

## What is this course about?

The GCSE Food and Nutrition will equip students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. Students will develop their ability to cook and make the connections between theory and practice so that they are able to apply their understanding of food and nutrition to practical cooking.

## What skills will students gain?

Students will demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment. They will develop an understanding of the functional properties and chemical processes as well as the nutritional content of food and drinks. They will learn about the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health and the economic, environmental, ethical, and socio-cultural influences on food availability, production processes, and diet and health choices.

Students will explore a range of ingredients and processes from different culinary traditions (traditional British and international), to inspire new ideas or modify existing recipes, enabling them to make informed decisions about a wide range of further learning opportunities and career pathways as well as develop vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life.

## What skills are needed?

It is expected that students will have an interest in developing their skills in cookery and presentation to utilise their creativity and design and technology capabilities to produce high quality products. Students should possess the ability to meet deadlines and be motivated to work independently and be able to use their skills in cooperation, collaboration and determination.

An ability to apply knowledge, understanding and skills.

**NOTE: Pupils must consider the cost of ingredients for practical sessions, and the planning and organisation needed in preparation for practical sessions.**

## How is this course assessed?

**Break down of assessment between controlled assessment and exam is likely to be:**

**The Controlled Assessment:** 60%

**The Exam:** 40%

One written paper of 1 hour and 30 minutes which is externally set and marked.

**Qualification Received:** GCSE

**Grade Range:** 9 - 1

## What career or further education opportunities does this course lead to?

A GCSE in Food and Nutrition will help student to pursue higher education or careers in many food related areas some of which include:

- Hospitality Management
- Nutrition
- Food Science
- Hotel Management
- Event Management
- Environmental Health
- Food and Drink