

FOOD & NUTRITION

Technical information

GCSE

GCSE Course Title	Code	Awarding Body
Food Preparation and Nutrition	8585	AQA

Unit	Method of Assessment	Weighting
Paper 1: Food Preparation and Nutrition	Examination: 1 hour 45 minutes	50%
Task 1: Food Investigation	Written Report	15%
Task 2: Food Preparation Assessment	Written Portfolio	35%

Background Knowledge and Qualifications

GCSE Food and Nutrition is a new exciting and creative course which focuses on practical skills to ensure students develop a thorough understanding of food choice and nutrition, food provenance and the working characteristics of food ingredients. At its heart, this qualification focuses on nurturing students' practical skills to give them a strong understanding of nutrition, food safety and science.

Course Description

Food preparation skills are integrated into five core topics:

1. Food, nutrition and health – Macro Nutrients, Micro Nutrients, Nutritional Needs and Public Health Promotion.
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, Ethics of Food Production, Food Processing and Production.

Food Preparation and Nutrition

The paper will be made up of a combination of short and long questions.

Task 1: Food Investigation

This will examine students' understanding of the working characteristics, functional and chemical properties of ingredients. Students will submit a written report (1,500–2,000 words) including photographic evidence of the practical investigation.

Task 2: Food Preparation Assessment

This will assess students' knowledge, skills and understanding in relation to the planning, preparation, cooking, and presentation of food and application of nutrition related to the chosen task. Students will prepare, cook and present a final menu of three dishes, planning in advance how this will be achieved. Students will submit a written portfolio (15 A4 pages) including photographic evidence.

Use of Course and Qualification

Studying food preparation and nutrition can lead to exciting and well paid career options. Consumers are becoming increasingly reliant on the food industry to develop solutions for their nutritional needs. This course provides an added dimension to anyone planning a career in any of the following roles; Chef, Food Product Developer, Food Safety Inspectors, Nutritionists, Dieticians, Medicine, Sports Nutrition, Quality Managers, Teacher, Food Engineer, Food Scientist, Food Technologist, Food Photographer, Food Stylist, Food Marketer, Food Journalist, Home Economist, Hotel and Restaurant Manager, Microbiologist.

Higher Education institutions view the subject very favourably as it indicates curricular diversity and an ability to use a wide range of skills.