

# Design and Technology



## GCSE Food Preparation and Nutrition

### Why choose a GCSE in Food Preparation and Nutrition?

This new GCSE in Food Preparation and Nutrition is an 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 cooking skills to give them a strong understanding of nutrition. Upon completion of this course, students will be qualified to go on to further study, or embark on an apprenticeship or full time career in the catering or food industries.

### Summary of subject content

Food preparation skills – these are intended to be integrated into five sections:

- Food, nutrition and health
- Food science
- Food safety
- Food choice
- Food provenance

## **Assessments**

### **Paper 1: Food preparation and nutrition**

Theoretical knowledge of food preparation and nutrition from Sections 1 to 5 above.

### **How it's assessed**

Written exam: 1 hour 45 minutes

50 % of GCSE

100 marks

### **Non-exam assessment (NEA)**

### **What's assessed**

#### **Task 1: Food Investigation**

Students' understanding of the working characteristics, functional and chemical properties of ingredients.

**Practical investigations are a compulsory element of this NEA task.**

#### **Task 2: Food preparation assessment**

Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task.

Students will prepare, cook and present a final menu of three dishes within a single period of no more than three hours, planning in advance how this will be achieved.

### **How it's assessed**

**Task 1:** Written or electronic report (1,500-2,000 words) including photographic evidence of the practical investigation.

**Task 2:** Written or electronic portfolio including photographic evidence. Photographic evidence of the three final dishes must be included.

## **NCFE: Level 2 – Certificate in Food and Cookery**

### **Qualification Overview**

This qualification is designed for pupils with an interest in food and cookery. It will provide pupils with experience of using different cooking techniques and methods to enable them to use these within further education or apprenticeships. It will give them a basic understanding of the skills required for a career in food.

#### **This qualification aims to:**

- focus on an applied study of the food and cookery occupational area
- offer breadth and depth of study, incorporating a significant core of knowledge and theoretical content
- provide opportunities to acquire a number of practical and technical skills

#### **The objectives of this qualification are to help learners to:**

- prepare and cook using basic skills
- understand food and its functions in the body and in recipes
- understand balanced diets and modification of recipes for health
- plan and produce dishes for a purpose.

#### **The following skills will be developed throughout the course:**

- planning
- research skills
- communication
- problem-solving skills
- health and safety

## **Overview of Assessment**

### **Unit 1: Preparing to cook**

This unit aims to introduce pupils to the safe and hygienic preparation of the cooking environment and ingredients. Pupils will understand the importance of how to prepare and store equipment and utensils. They will learn to understand and follow recipes to demonstrate their cooking skills to produce a variety of dishes.

Guided learning hours: 30 - This unit is internally assessed

### **Unit 2: Understanding food**

This unit aims to provide pupils with an understanding of food sources and the factors that can affect food choices. They will be able to apply these factors when selecting and cooking dishes.

Guided learning hours: 30 - This unit is internally assessed

### **Unit 3: Exploring balanced diets**

Pupils will understand the individual requirements of a balanced diet. They will learn about reference index (RI)/guideline daily amounts (GDAs) and how food labels can inform healthy eating. They will understand how to change recipes to make them healthier.

Guided learning hours: 30 - This unit is externally assessed

### **Unit 4: Plan and produce dishes in response to a brief**

This unit will give pupils the opportunity to bring together their learning and skills developed throughout the course to produce a menu in response to a brief. They will plan, make and review their completed dishes.

Guided learning hours: 30 - This unit is internally assessed