



GCSE

Food Preparation & Nutrition

Course description

This qualification is intended for students who are interested in food science alongside practical cooking tasks. The GCSE course equips students with an array of culinary techniques, as well as knowledge of nutrition, food traditions & kitchen safety.

The course focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials.

Students must be able to make the connections between theory and practice to apply their understanding of food and nutrition to practical preparation.

This is an exciting course with practical lessons most weeks, this will incur costs as ingredients will need to be purchased. Please consider this when choosing this course.

Upon completion of this course, students may choose to go on to further study towards qualifications in nutrition, sports nutrition, food technology or embark on an apprenticeship or full-time career in the catering or food industries.



Head of Department
Miss K Morton



Exam Board
OCR



Number of timetabled periods per fortnight:
7



Equivalent number of GCSEs awarded:
1



Exam Board website
[Food Prep & Nutrition](#)
School Website
[HBHS Food & Nutrition](#)

Assessment

Examination (50%) 1 hour 30 minutes testing theoretical knowledge of food preparation & nutrition based on 4 core topics:

1. Nutrition
1. Skills – preparation and cooking techniques.
1. Cooking and food preparation
1. Food provenance and choice

Non-Exam Assessment (50%) Students will complete two non-exam assessment tasks:

Task 1: Food Investigation (45 marks – 15% final grade)

Students undertake an investigation of the working characteristics; functional and chemical properties of ingredients then write a report on the findings.

Task 2: Food Preparation Assessment (105 marks – 35% final grade)

Students will show knowledge, skills & understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task which will be based upon a theme set by OCR examining board.

Students will prepare, cook, and present a final menu of three dishes within a single period of no more than three hours, planning how this will be achieved. Although a substantial amount of the theoretical content is taught through practical tasks, a proportion of the work requires cover of the theory in some depth by written means. Attention to this area is essential to achieve your potential grade.

Please note ingredients will not be provided for this course. Students will need to bring ingredients to the kitchens in the morning of the cook along with an apron and tub to take it home in. If students fail to bring in ingredients a charge of £48 will be required for the full academic year.

