

# GCSE Food Preparation and Nutrition

## Who is for?

The new GCSE focuses on **practical cooking skills** to ensure that students develop greater understanding of **nutrition, food provenance and the working characteristics** of ingredients. At the heart of the qualification is a focus on developing practical cookery skills and a robust understanding of nutrition.



Scan the QR code to watch videos on BBC teach you tube channel.

## What will learners study?

The new Food Preparation and Nutrition GCSE will help you to develop a greater understanding of nutrition, food provenance and the characteristics of food materials. You'll also learn about **food from around the world**, through the study of British and **international culinary traditions** as well as developing an understanding of where food comes from (**food provenance**) and the challenges surrounding food security.

You'll **master culinary skills** and appreciate the science behind food and cooking. This is an exciting and creative course which will allow you to demonstrate your practical skills and make connections between theory and practice.



## What can this qualification lead to?

This GCSE in Food Preparation and Nutrition will help learners develop the **knowledge, skills and experience** and could potentially open the door to a career in related industries.

GCSE Food Preparation and Nutrition will equip you to go on to further study, embark on AS or A-level, begin an apprenticeship or perhaps begin employment in the catering or food industries. You'll also have the knowledge and skills to feed yourself (and others) affordably and nutritiously for life



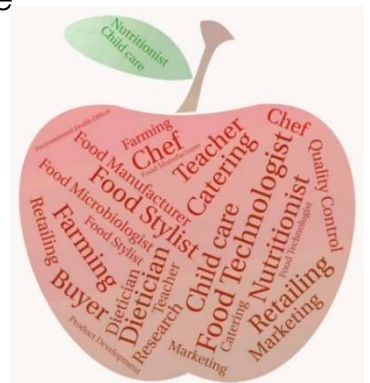
**Exam (50%):** There will be one exam of 1 hour 45 minutes for this qualification, which will assess your knowledge of the theory behind food preparation and nutrition.

**Task 1 (15%):** Learners will carry out an investigation into the scientific principles that underpin the preparation and cooking of food. This task will provide you with an opportunity to demonstrate your knowledge and practically apply your understanding of the science behind cooking. You'll practically investigate ingredients and explain how they work and why.

**Task 2 (35%):** Learners will plan, prepare, cook and present a 3 dish menu. This task will provide you with an opportunity to cook up a storm and showcase your creativity and cooking skills. You might make a street food menu, create delicious tapas dishes or cook up a menu for a student on a budget.



\* All food pictured is previous learners exam work.



## Do you have any questions?

Speak to Mrs Holden for further information or visit the following link:

<http://www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585>