

## Key Stage 4 (Years 10 & 11)

**Year 10-** Students will have **two** hours per week for their chosen option.

**Year 11-** Students will have **three** hours per week for their chosen option.

Subject Title	FOOD PREPARATION AND NUTRITION
Qualification	GCSE
Exam Board	EDUQAS
Levels of Entry	One tier of assessment covering grades 9 – 1
Final Assessment	
Final Assessment	<p>The final grade is determined by <b>two</b> non-examination assessment tasks and <b>one</b> written examination. The non-examination assessment tasks are set by the examination board and account for 50% of the final grade. Both of the non-examination assessment tasks will be completed in year 11.</p> <p>Task 1 is a food investigation which accounts for 15% and will be completed in September and October. This task will assess students understanding of the scientific principles of food.</p> <p>Task 2 is a food preparation and nutrition assessment which accounts for 35% and will be completed from November through to March. This task requires students to plan, prepare, cook and present a menu and includes a three-hour practical assessment.</p> <p>The final written examination makes up the remaining 50%.</p>
Brief Specification Details	<p>The specification concentrates on food preparation and nutrition and will equip students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating.</p> <p>The specification has been designed to allow innovative teaching to create a balance between practical work and theoretical knowledge and understanding. The specification covers the following topics:</p> <ul style="list-style-type: none"> <li>• Food commodities</li> <li>• Food provenance and sustainability</li> </ul>

	<ul style="list-style-type: none"> <li>• The science of food</li> <li>• Principles of nutrition</li> <li>• Diet and good health</li> <li>• Planning meals</li> <li>• Cooking and food preparation</li> </ul>
<b>What will I do in lessons?</b>	<p>Practical work is an essential part of the course and it is anticipated that this will be carried out on a regular weekly basis.</p> <p>The specification will be covered in year 10 through mini-projects and in addition to practical work will also include planning and theory lessons.</p> <p>In Year 11 pupils will be complete non -examination assessments and prepare for the final examination.</p>
<b>Homework</b>	<p>Homework is set as an extension of the topics studied in class. In addition, it is vital element of the organisation of the practical element of class work and the non-examination assessment tasks.</p> <p>Homework is also essential for effective examination preparation and revision.</p>
<b>Ongoing assessment</b>	<p>Regular dialogue and feedback will be provided throughout the course, informing students of their current attainment and targets for improvement.</p>
<b>Differentiation</b>	<p>Food Preparation and Nutrition is taught in mixed ability groups. Generally, all candidates attempt the same mini-project work in year 10; however, support or extension work is always available. In Year 11 the non-examination assessment tasks and final written examination are set by the examination board with performance criteria covering grades 9 – 1.</p>
<b>Extra-curricular</b>	<p>Facilities are available after school on a specified day each week for students to receive additional guidance, discuss their work, complete homework, organise assessment tasks or to prepare for the written examination.</p>
<b>Qualities for success</b>	<p>Students require an interest in the subject and a keenness to develop their practical food skills i.e. food preparation, cooking, presentation and a willingness to develop and apply their understanding and knowledge of food commodities, food choice and healthy eating.</p> <p>Students must also be keen to develop and apply knowledge related to the scientific principles of ingredients, cooking and nutrition.</p>

	<p>Good organisational skills are necessary in order to meet the requirement of regular practical work and the controlled practical assessment tasks.</p> <p>In addition, a willingness to work hard in all aspects of the subject, accept advice and strive for personal development.</p>
<b>Beyond GCSE</b>	<p>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 could lead to related study at level 3 and further study at undergraduate and post graduate level. Careers are varied and could lead into roles such as Food Product Developer, Food Buyer (travelling the world sourcing new food products for manufacturers or retailers), Nutritionist, Dietician, Food Scientist, Microbiologist, Food inspector, Environmental Health Officer, Food Technologist, Food photographer, working for magazines or TV as a Food Stylist or Home Economist, careers in hospitality and catering e.g. Chef, Hotel Manager or Restaurant manager. For more information on food careers visit <a href="http://tastycareers.org.uk">www.http://tastycareers.org.uk</a></p>