

# FOOD PREPARATION AND NUTRITION

## COURSE OVERVIEW

This exciting course will equip learners with the knowledge, understanding and skills required to cook and also to apply the principles of food science, nutrition and healthy eating.

Following this qualification will encourage learners to cook and enable them to make informed decisions about food and nutrition in order to be able to feed themselves and others affordably and nutritiously, now and later in life. It will allow the students to understand the huge challenges that we face globally to supply the world with nutritious and safe food

You will need to bring ingredients weekly to support your learning

## KNOWLEDGE & SKILLS DEVELOPED

What will I study? – these sections will cross over all components

Section A: Nutrition

Section B: Food Provenance and Food Choice

Section C: Cooking and Food Preparation

Section D: Skills requirements: preparation and cooking technique

These will be assessed in all areas of the course.

Regarding the internally assessed assignments, these will include:

- A scientific food investigation which will assess the learner's knowledge, skills and understanding in relation to scientific principles underlying the preparation and cooking of food.
- Prepare, cook and present a menu which assesses the learner's knowledge, skills and understanding in relation to the planning, preparation, cooking and presentation of food. Learners will need to take part in a three hour practical and cook 3 dishes.

Qualification: **GCSE**

Awarding Body: **OCR**

## ASSESSMENT METHOD

**Component 1:** Principles of Food Preparation and Nutrition

Written examination: 1 hour 30 minutes. 50% of the qualification

**Component 2:** Food Preparation and Nutrition in Action  
Non-examination assessment:

This is made up of two assessments:

**Assessment 1:** Food Investigation Assessment (15%)

**Assessment 2:** Food Preparation Assessment (35%)

## POST 16 OPPORTUNITIES AND CAREERS

This course is designed to equip learners with the practical skills in food and a solid background in nutrition and food science. Upon completion, learners can progress to other level 3 qualifications.

Cooking is a lifelong skill that will always be useful.



"This GCSE has given me skills for life and a greater understanding of nutrition."

"Great environment to learn and have fun and learn valuable skills for later in life."

