



# FOOD PREPARATION AND NUTRITION

## What will you study during the course?

**Nutrition:** students will develop a knowledge of the nutrients and nutritional content of food and drink, the relationship between diet and health, the nutritional and dietary needs of different groups of people.

**Food provenance and choice:** students will understand the economic, environmental, ethical, and socio-cultural influences on food availability, production processes and diet and health choices.

**Cooking and preparation:** students will demonstrate a knowledge and understanding of functional and nutritional properties of foods. They will consider sensory qualities and food safety when preparing, processing, storing, cooking and serving food.

**Skill requirements, preparation and cooking techniques:** students will demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of commodities, cooking techniques and equipment. Students will understand and explore a range of ingredients and processes from different culinary traditions, to inspire new ideas or modify existing recipes.

## How will the course be taught?

The course will be taught through a combination of theory lessons and practical work. An element of sensory tasting will also be taught. In practical lessons students will develop a wide range of food preparation techniques. The students will complete a scientific investigation and a food practical assignment where three chosen dishes with side dishes will be prepared under controlled conditions.

## How will your work be assessed? The

course will be assessed through:

Controlled assessment coursework 50%, food investigation 15% and food practical assignment 35%, which is undertaken in Year 11.

Examination component 50% - 1 hour 30 minutes

## Where can it lead?

If you have an interest and enthusiasm for studying food you could find many exciting opportunities in the Food industry, which represents the largest manufacturer in the British economy, in fact 12% of the British workforce work in the food industry.

It is also the first step into a continuing education in food which can be studied at KS5 and degree level. Careers involving food and nutrition can include Dietician, Food Technologist, Food Marketing, Environmental Health Officer, Teaching, Lecturing, Nursing and Health Services, Hospitality, Hospitality Management, Journalism, Event Management.

The student will need a commitment to planning, organising and preparing ingredients on a regular basis. These are invaluable skills which will be used throughout adult life.