

Why Choose GCSE Food and Nutrition?

Food and Nutrition will give you the opportunity to demonstrate effective and safe cooking skills by planning, preparing and cooking a variety of food commodities whilst using different cooking techniques and utensils. You will develop knowledge and understanding of the functional properties and chemical characteristics of food as well as a sound knowledge of the nutritional content of food and drinks. You will examine the relationship between diet, nutrition and health and study the economic, environmental and cultural influences on food availability, production processes, diet and health choices. You will also explore a range of ingredients and processes from different culinary traditions, such as Welsh, British and international, to inspire new ideas or modify existing recipes.



In preparation for the assessment tasks you will study:

- food commodities;
- principles of nutrition using macro and micro nutrients;
- diet and good health;
- the science of food and the effect of cooking on food;
- where food comes from and manufacturing processes;
- cooking and food preparation.



At Alun School,
our experienced teaching team provide expert guidance and tuition.

GCSE Food and Nutrition

Assessment Information

Examining Board: WJEC **Accreditation:** GCSE Grades A* - G (single tier entry)

Nature of the Work - in Year 10 your theory and practical sessions will link together, reinforcing key concepts of food science and how materials interact. In Year 11 you will focus on completing two controlled assessments and prepare for the written exam.

Assessment 1 - The Food Investigation Assessment: (20% of qualification) a scientific food investigation, through practical experimentation, to investigate the principles underlying the in-preparation and cooking of food.

Assessment 2 - The Food Preparation Assessment: (40% of qualification) planning, preparation, cooking and presentation of dishes to form a menu.

Written Examination - Principles of Food and Nutrition: (40% of qualification) 1 hour and 30 minutes written examination.

Who is suitable for this course?

This course is equally suited to boys as it is to girls. You will be allowed opportunities to work individually and as a team, catering for school events. You will be expected to bring in ingredients on a weekly basis but if you have a history of not bringing in your ingredients for KS3 lessons then you will not be considered for this popular course.

Why should I take this course?

If you enjoy understanding the science behind foods and would like to consider how food affects our nutrition and our environment then this is the course for you.

GCSE Food and Nutrition will give you an excellent grounding for multiple career opportunities:

Dietician

Food Development

Restaurant Management

Sensory
Analysis

Chef

Food Factory Operations

Baker or Pastry Artist

Hospitality

Food Photography

Food Design

Future Options

After studying GCSE Food and Nutrition you could:

Study Advanced Level Sciences in the Sixth Form;

Progress onto a Food and Catering course at a Further Education College;

Study for a degree in a food-related subject at university;

Get a job in the food and nutrition sector.

For Further Information

Please contact the Design Technology department.

