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GCSE Options Evening

Subject: Food Preparation & Nutrition

Subject Leader: Mr Stock

Subject Teacher: Mrs Sambrooks

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“ As soon as I was old enough to peer over the worktops, I remember being fascinated by what went on in the kitchen. It just seemed such a cool place, everyone working together to make this lovely stuff and having a laugh doing it. ”

Why study Food Preparation & Nutrition

Do you enjoy being creative and would enjoy improving your practical cookery skills?

Are you interested in nutrition and finding out how best to fuel your body?

Do you wish to progress to further food studies or even develop a career in the food industry?

Cooking gives you the ability to be creative, and the sense of satisfaction knowing you can provide for yourself and others.

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Why study Food Preparation & Nutrition

Have you ever wondered?

- If low fat biscuits taste the same as regular ones?
- Or how the flavour of a new food product is chosen?
- Or why packaged ready-to-eat cut fruit e.g. apples stays crisp and does not turn brown?

Then this may be the course for you.



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What will you learn?

This GCSE will equip you with a range of practical and theoretical skills, which will include:

- Generating creative solutions to a range of different scenarios.
- Understanding where food comes from.
- Learning how to source, prepare and cook a range of dishes.
- Understanding the principles of nutrition and the effect of food on the body.
- Understanding the science behind food.

These skills will be taught through a range of theory and practical topics over the GCSE.

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What will you learn?

Practical cooking lessons will take place most weeks while you study Food Preparation and Nutrition in Year 10.

You will also carry out experiments and tasting lessons to widen your understanding and help prepare you for the NEAs.

You will work in pairs and groups as well as individually.



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How you will be assessed

The course is assessed through a Non-Examined Assessment (NEA) and a written exam.

The course is a 50/50 split, 50% of the overall grade formulated from the NEA and the other 50% formulated from the written exam.



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How you will be assessed

Here is a breakdown of the two elements of the Food Preparation & Nutrition GCSE.

NEA	Written Exam
What's assessed Food Preparation & Nutrition in action	What's assessed Principles of Food Preparation & nutrition
How it's assessed <ul style="list-style-type: none">• 2 NEA components• 100 marks• 50% of GCSE	How it's assessed <ul style="list-style-type: none">• Written exam: 1 hour & 45 minutes• Completed on a computer• 100 marks• 50% of GCSE
What's included in the NEA NEA 1 – Practical Food Investigation 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. NEA 2 – Practical Food Preparation 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.	Question style Section A – visual stimuli <ul style="list-style-type: none">• Mixture of short and extended response questions based on the visual stimuli. Section B <ul style="list-style-type: none">• Structured, short and extended response questions to assess content related to Food Preparation & Nutrition.

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How you will be assessed

NEA 1 – Food Science Investigation Assessment

- Brief set by the exam board
- Set hypothesis
- Research
- Plan
- Carry out
- Conclude

APPLE SCIENCE!

Use acids and bases from your kitchen for an apple experiment!



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How you will be assessed

NEA 2 – Food Preparation Assessment

- Brief set by the exam board
- Research carried out and dishes trialled.
- Planning.
- 3 dishes prepared, cooked and served in controlled conditions in 3 hours.



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Where can Food Preparation & Nutrition take you?

Following the completion of your GCSE you can progress onto courses such as; Level 2 in cookery, Level 3 in professional cooking, Level 3 in professional chefs or Hospitality and Catering.

The next progression is to study a degree course which could include one of the following: Food Science and Innovation, Hospitality management, Food Marketing, Human nutrition, Nutrition & Public Health, Food Technology & Product Development. These are just a few of huge range of 'Food' related courses now available.

Degree course, and apprenticeships could lead on to any of the following careers: Dietician, Nutritionist, Food Stylist, Chef, Food Journalist, Food Scientist, Baker, Cake Maker. This list is only a few of the careers you can progress into.

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Questions

If you want to find out more or have any questions
about the course please contact me via email

s.sambrooks@eda.staffs.sch.uk