

Food Preparation & Nutrition

50% Coursework 50% Written Exam

GCSE Year 9 & 10

The first terms of the course will entail building skills and knowledge of a wide range of cooking techniques and information. Students will learn knife skills and prepare and cook a variety of different dishes.

Throughout year 9 & 10 you will carry out mini projects where you gather knowledge based on food nutrition & health, different diets, designing for others, functional and chemical properties of food, food science, food spoilage & contamination and factors affecting food choices. Homework will be set within each mini project. Practical cooking will link in with each mini project whilst learning new cooking methods & techniques.

A variety of recipes suitable for all students will be cooked almost every week throughout year 9 & 10. Students must be organised with the following –

- Record dates and recipes in planners
- Have a paper copy of their recipe & method
- Choose suitable recipes for the task
- Give parents/carers reasonable notice
- Buy ingredients and bring suitable containers and a bag to take food home.

Some practical lessons will be group experimental work where ingredients is provided.

How it is assessed

50% Coursework – Two Tasks

Task 1 – Food Investigation (15%) 10 hours - September Year 11

Task 2 – The Food Preparation Assessment (35%) 20 hours – November Year 11

50% 1 hour 45 minutes Written Exam – multiple choice questions (20 marks), five sub questions 80 marks

How Parents/Carers can help

- Discuss recipes and ingredients needed for each weeks cooking lesson
- Communicate with teachers with any problems or concerns
- Encourage students to complete coursework tasks at home to keep up to date with the project
- Get students to show you their work & explain what they are doing.
- Take students shopping to buy ingredients for cooking lessons

Who can I contact for further information

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GCSE AQA

