

Food Preparation and Nutrition GCSE

Exam Board: AQA
Course Code: 8585

Food Preparation and Nutrition course overview

The first term of the course will entail building practical skills and knowledge of a wide range of cooking techniques and course topic information. You will learn knife skills, food safety, cooking methods and prepare a variety of different dishes. Some dishes you will design and plan independently based on the topic.

How is the course assessed?

YEAR 10 –

Throughout year 10 you will carry out mini projects where you gather knowledge based on food nutrition and health, different diets, designing for others, functional and chemical properties of food, food science, food spoilage and 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 high level cooking techniques and presentation. You will also learn to carry out food science experiments and record results.

A variety of recipes suitable for all students will be cooked in double lessons throughout year 10. You must be organised with the following to cook every week:

- Record dates and buy and prepare ingredients
- Produce recipes and methods of making
- Be organised with ingredients and bring suitable containers and a bag to take food home.
- Some practical lessons will be group experimental work where ingredients is provided – testing foams, fats and viscosity

YEAR 11 -

Coursework – Two Tasks (50% of the GCSE)

- Task 1 – Food Investigation (15%) 10 hours - September. An independent experiment task which involves a written report and practical experiments
- Task 2 – The Food Preparation Assessment (35%) 20 hours – November Year 11. A 20 page project with high level dishes cooked based on the task.

Practical exam is 3 complex dishes in 3 hours.

Written Exam – 1 hour 45 minutes (50% of the GCSE)

Is this course for you?

Are you passionate about food? Do you love cooking, preparing different foods, learning technical skills and trying new dishes? Are you ready for a challenge? If yes, then this course is for you as you will explore all of these aspects linked to food. The course has close links to science with team food practical experiments. You should also enjoy learning the theory of food and applying your food & nutrition knowledge to a wide range of activities, tasks & written exams.

What could this course lead to?

Courses & careers in the following: dietician, nutritionist, chef, food product design, sports management, hotel & catering, health and social care, sensory science, biochemist, researcher, food micro-biologist, retail & marketing

Who can I contact for advice or support?

Mr M Simpson, Head of Department: msimpson@tcolc.aspirelp.uk

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Knife skills



Fresh filled pasta & sauce



Decorated pastry dishes



Speciality shaped breads



Presentation techniques

