

OPTION CHOICES

GCSE Food preparation and Nutrition

What qualification does this course lead to?

OCR GCSE Food Preparation and Nutrition

This course is suitable for those considering careers in food product development; dietetics; health promotion; the medical profession or sports science.

What Topics will I study?

You will study 5 units of work

- Nutrition - The relationship between diet & health; The dietary needs of different groups of people; Energy balance; Source, functions and deficiencies of the nutrients
- Food: food provenance and food choice - Sourcing, processing & production of food; Food security; Technological advances in food production; British and international cuisines; Sensory analysis; Factors affecting food choice
- Cooking and food preparation - The science behind cooking; Food safety
- Skills requirements: preparation and cooking techniques - How to handle, prepare and cook meat/poultry/fish/alternatives; How to prepare fruits & vegetables; How to make a range of bread, cakes, biscuits and pastries; How to cook with eggs and dairy

What understanding and skills will I develop?

- To safely produce a wide range of dishes by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment.
- You will develop knowledge and understanding of the functional properties and chemical processes as well as the nutritional content of food and drinks.
- An understanding of the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health.
- Understand the impact of economic, environmental, ethical and socio-cultural influences on food availability, production processes and diet and health choices.
- You will be able to demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food.
- Investigate and explore a range of ingredients and processes from different culinary traditions (traditional British and international), to inspire new ideas or modify existing recipes.

How will I learn / how will I be taught?

You will be taught through a wide range of practical and theory activities.

How will I be assessed?

This course is internally assessed through controlled assessment (50%) and externally assessed via a written examination (50%). Two controlled assessments tasks have to be completed during the two year course. These involve planning making and evaluating practical work.

What can this course lead on to?

AS / A2 Food, nutrition and health.

Who do I need to contact for more information?

Mrs O'Donnell or Mrs Darkin