

Course Aims

This new GCSE is an exciting and creative course which focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials. At its heart, this qualification focuses on nurturing students practical cookery skills to give them a strong understanding of nutrition. Students will learn about a range of ingredients and skills which will be useful in a wide range of jobs and professions. The examination board requires students to understand how to prepare a number of meat and fish dishes which will be taught in the practical lessons. The two coursework practical tasks might require students to work with one or more ingredients which are restricted in a vegan or vegetarian diet.

What you will study

Skills will be taught through five core topics: • Food, nutrition and health • Food science • Food safety • Food choice • Food provenance.

Practical activities for preparing and cooking sweet and savoury products will be taught covering the following skills: • Sauce making – Roux, all-in-one, and béchamel • Different cooking methods – Steaming, boiling, blanching and poaching. Dry, shallow and stir frying. • Prepare, combine and shape – Roll, wrap, skewer, coat, layer meat, and fishcakes. • Tenderise and marinate – Marinade to add flavour to meat, fish and alternatives. • Dough – bread, pasta and pastry. • Raising agents – Whisked sponges and egg whites for meringues. • Setting mixtures – Layered desserts and custard. • Knife skills - Jointing a whole raw chicken and gutting and filleting a whole fish.

Upon completion of this course, students will be qualified to go on to further study, or embark on an apprenticeship or full time career in the catering or food industries. As with all Design Technology courses there are financial implications. Stock materials are kept but specific materials may need to be purchased independently. Students will be asked to make voluntary contributions when needed. Support will be offered under certain circumstances.

Coursework requirements

Students are required to produce 2 Non Exam Assessments (N.E.A.) portfolios. The first N.E.A. task is set by the exam board in September of Year 11 and investigates an aspect of the science of food e.g. Investigate the use of ingredients used to thicken sauces and soups. Research, investigation practicals, analysis and evaluation are undertaken and this N.E.A. is 15% of the total GCSE marks.

The second N.E.A task is set by the exam board in November of Year 11 and is a Food Preparation task e.g. plan, prepare, cook and present a range of dishes, using a variety of skills, from a Mediterranean culinary tradition. Present three final dishes. Students will research their task, demonstrate their technical skills, plan and make three or four final dishes, then analysis and evaluate their results. Students will prepare, cook and present a final menu of three or four dishes within a single period of no more than three hours. The portfolio of work will record all research, ideas, planning and evaluation of the work. Students will be examined on their knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task and this N.E.A. is 35% of the total GCSE marks.

The Facts

Subject	Level	Exam Board	Time Allocation	Assessment	Access to grades
Food Preparation and Nutrition	GCSE	AQA	3 lessons	50% Coursework 50% Examination	9-1

Further study and future careers

It is possible to study a range of advanced courses relating to food that lead to degree level, employment or a working apprenticeship. The catering and food industry is one the fastest growing industries in Britain and there are many career opportunities from being a chef to a dietician, to developing recipes for TV advertisements.

**For further information talk to
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