Food Prep & Nutrition KS4 Learning Journey



What is the course about?

The GCSE Food Preparation and Nutrition course is an exciting and creative course which focuses on practical cooking skills to develop your understanding of nutrition, food sources and the working characteristics of food materials. This course will equip students with the knowledge, understanding, skills and encouragement they need to cook. It will give them the ability to apply the principles of food science, nutrition and healthy eating.



What will I do and how will I be assessed?

The Food Preparation and Nutrition GCSE is assessed as follows:

- 50% written exam: 1 hour 45 minutes (Summer term of Year 11)
- 50% of GCSE: Non Exam Assessment (NEA) which you will carry out in exam conditions in a classroom setting at the beginning of Year 11. Food Preparation and Nutrition is a fun practical and theory based subject. The course aims to build knowledge and understanding of; food safety, food choice, the science of food, and a keen interest in the background of food.

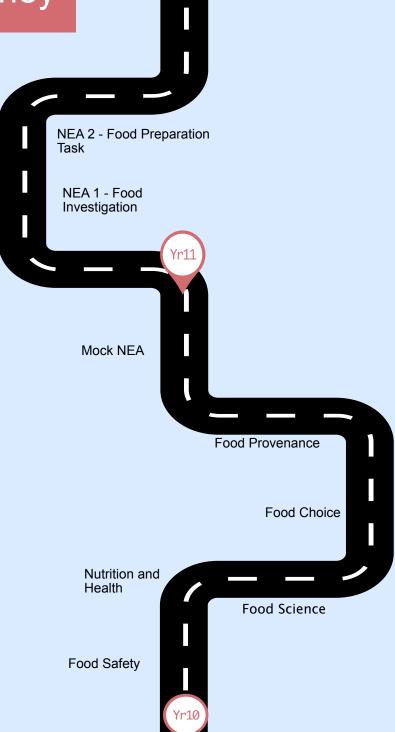


What can I do afterwards?

There are opportunities to progress in nutrition and catering courses with the Food Preparation and Nutrition GCSE which will help further your knowledge and understanding within the subject.

It can also be used to go on to study:

- Catering courses
- Hospitality courses
- Degree in Food and Nutrition
- Degree in Sport and Nutrition





Teams

<u>Seneca</u>

Bitesize

GCSEPod