

OPTIONS COURSE

FOOD PREPARATION AND NUTRITION

ACCREDITING AUTHORITY | AQA

QUALIFICATION

GCSE

FACULTY

ART, DESIGN & TECHNOLOGY

STAFF CONTACT

Mrs Hayes, Mrs Hughes, Miss Wilson

WHAT QUALITIES & SKILLS DO I NEED?

You should be enthusiastic and enjoy cooking. Have an interest in developing exciting new food products and recipes. You need to be motivated and be able to work independently. Be organised and bring your required ingredients when needed.

COURSE FOLLOWED

[AQA Food Preparation & Nutrition](#)

WHAT WILL I DO ON THE COURSE?

Food Preparation and Nutrition will help you develop your creativity, with making of food products a vital feature of their experience of taking this specification. You will develop an array of culinary techniques, as well as knowledge of nutrition, food traditions and kitchen safety.

This course requires you to develop your application of knowledge and understanding when developing ideas, planning, producing food products and nutritionally evaluating them. You will create exciting meals and recipes whilst learning about British and international culinary traditions, food security and safety. It will enable you to apply the principles of food science, nutrition and healthy eating.

HOW IS THE COURSE ORGANISED & ASSESSED?

The course is broken down into 50% exam and 50% non-examined assessment. The course is broken down into six key sections:

- Food preparation skills
- Food, Nutrition and Health
- Food Safety
- Food Science
- Food Provenance
- Food Choice.

The application of knowledge and demonstration of technical skills will be a key aspect of the non-examined assessment. The exam consists of a multiple choice section and a section covering all aspects of the key sections listed above.



FREQUENTLY ASKED QUESTIONS

WHAT IS THE PROGRESSION ROUTE FOR THE COURSE?

BTEC Level 3 Hospitality and Catering.

DO YOU HAVE TO DO ANY WRITING?

You will complete some written elements as part of the non-examined assessment, mainly annotating your ideas and as part of your investigation work looking at the working characteristics of ingredients. The extended writing will take place in your nutritional evaluation and reports.

DO I HAVE TO WORK MUCH OUTSIDE THE CLASSROOM?

Yes. There is some writing as part of the non-examined assessment, mainly carrying out research and investigations.

WHAT WILL I MAKE?

You will make a large variety of sweet and savoury dishes focusing on the nutrition, function of ingredients and methods of manufacture. The course allows you to make a wide variety of British and international dishes.

HOW IS THE COURSE ASSESSED?

You will be continually assessed throughout your mini-projects to assist in the prediction of your final grade. Your non-examined assessment is worth 50% of your overall mark and the written exam is worth 50%. The non-examined assessment section is broken down into two tasks. Each task is set by the exam board and will be completed during the final year of the course.

WHAT WILL I HAVE TO DO IN THE EXAM?

The exam will test your understanding about the theoretical knowledge of food preparation and nutrition. The exam consists of a multiple choice section and a section covering all these key aspects:

Food preparation and skills, Food nutrition and health, Food safety, Food science, Food provenance, Food choice.

The exam is worth 50% of your final grade.

WHAT IF I'M NOT GOOD AT DRAWING BUT I AM GOOD AT MAKING?

You will do limited amounts of drawing in the format of graphical data related to your investigation work. You may be asked to present the occasional drawing to show your ideas.

WILL I HAVE AN EXERCISE BOOK OR A FOLDER?

You will use an exercise book for theory work and have an A3 folder to store your project work. You will be given a separate folder for your non-examined assessment.

WILL THERE BE ANY ICT WORK?

Yes, you will work with computers on a regular basis to use the internet as a research tool, nutritional software, word processing for your non-examined assessment, transferring digital images to your folder as well as using specialist Technology software to improve your knowledge of materials and processes.

