

## KS4: Food Preparation and Nutrition

This new GCSE focusses on developing an understanding of Nutrition, Healthy Eating and the working characteristics of food.

The course is divided into 5 main areas:-

- Food nutrition and health.
- Food science.
- Food safety.
- Food choice.
- Food provenance.

Food preparation skills are integrated into each of the five main core areas. Students are encouraged to develop practical skills to enable them to cook a wide range of dishes for different users and situations.

### Assessment.

50% written examination.

50 % Food Investigation task and Food Preparation task.

The food investigation focusses on the working properties of food and food science.

In the food preparation task students will prepare, cook and serve 3 dishes.

The tasks are completed in Year 11 and set by the exam board.

Students who choose this course must be willing to work equally hard on the theory and practical aspects of the course. It is vital they are aware there is a cost implication in providing ingredients for the practical tasks.