

Subject	Food Preparation and Nutrition	
Qualification	GCSE	
Exam Board	WJEC	
Course summary	<p>The GCSE in Food Preparation and Nutrition develops the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. It encourages learners to cook, enables them to make informed decisions about food and nutrition and allows them to acquire knowledge in order to be able to feed themselves and others affordably and nutritiously, now and later in life.</p> <p>This course in Food Preparation and Nutrition enables learners to make connections between theory and practice so that they are able to apply their understanding of food science and nutrition to practical cooking. This content relates to the study of both food and drinks.</p>	
F	Year 9 content	<p>The students will learn:</p> <p>Food commodities and Principles of nutrition. Practical work will focus on knife skills and health and safety in the kitchen.</p> <p>Principles of diet and good health of individuals. Nutritional values of recipes, meals and dishes are understood.</p> <p>Students will know the science of food. The effect of cooking on food and food spoilage. Practical work will focus on bread, pasta and filleting</p>
	Year 10 content	<p>In Year 10 students will focus on Food provenance and manufacturing. How the choices of consumers influence food producers. Practical work will focus on extended knife skills including jointing meat.</p>
	Year 11 content	<p>In Year 11 students will complete a full range of cooking and preparation techniques. Be able to develop recipes and meals whilst taking into account a range of dietary requirements.</p> <p>They will also complete the coursework and practical elements of the course.</p>
How will students be assessed?	<p>Component 1- Written exam 50% of final GCSE</p> <p>Component 2- Non Examined Assessment (coursework) 50% with two components:</p> <p>NEA1- Food Investigation Unit 30 marks 15%</p> <p>NEA 2- Practical Exam Unit 70 marks 35%</p>	