

GCSE Food Preparation & Nutrition

Why study Food?

The food industry is a fast changing industry affected by new technology and the influence of the media and new laws. We are on the brink of a revolution in what we eat and where we source it from. The food industry needs creative people who are concerned about the environment, food ethics and health. We want food technologists, food scientists & chefs who can deliver new, fresh, ethical, healthy food solutions to a hungry nation. Every year 1000's of new food products are put on our shelves, appear on our TV screens or are offered to us to test. So, Food would be a good choice if you have enjoyed Food Technology, want to enhance your skills and knowledge of food and is a great way to acquire life skills and learn to cook. You could choose Food simply because you enjoy it, or you are good at it and you want to complete a qualification in the subject. You will be able to link this course with any of the other food courses on offer. Currently available are Level 2 Awards in Catering and in Food & Catering via Studio School plus Level 3 Science and Nutrition.



What will you be learning?

GCSE Food is about the conversion of raw materials into edible food products using design and making skills. It is a subject with a great variety of content including both independent and team working, problem solving, costing and planning. The course covers elements of food science, use of ingredients, nutrition and actively encourages you to explore the wide diversity of foods available and their application in creating a wide variety of dishes.

By the end of the course you will have:

- Developed high level practical skills and made food products regularly. By exploring a range of ingredients and processes from different culinary traditions to inspire new ideas or modify existing recipes.
- Acquired a working knowledge of food science and nutrition, the scientific principles of food and the relationship between diet, nutrition and health.
- Studied food as a material by investigation and developed knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food.
- Used ICT - nutritional and food related software; the extensive use of digital photography and the use of excel to produce reports and charts

There are two units for assessment:

Unit 1 – an exam divided into two sections: multiple choice and written questions. (50%)

Unit 2 – non exam assessment - students complete a food investigation and a food practical assessment. (50%)

What are the lessons like?

Obviously we do a lot of food practical work to show you how food works in order to do this **we cook every week**. We build your skills of making and presenting food. Our lessons are pretty varied really because it very much depends on the topic. Some are formal, others will involve presentations and discussion.

What can it lead to?

A Food qualification can lead to a range of career opportunities within the food industry - such as food technology, dietetics and sports nutrition, hotel and catering management, retailing, as well as the many careers related to food production. It will also train you in a variety of skills from decision making, to problem solving and team work - all of which are important life skills.

If you want to see the possible careers open to you, copy these links into your web browser

http://corporate.marksandspencer.com/mscareers/working_with_schools

<http://www.ifst.org/learninghome>

<http://www.chillededucation.org>

<http://www.careerscope.uk.net>

Want to know more?

Speak to Mrs Ellison or Mr Hill to find out about the food course and discuss your suitability for it.

Photographs are the work of Food & Catering students

