



FOOD

GCSE

OPTION SUBJECT – CATEGORY B

EXAMINATION BOARD: WJEC EDQUAS

AWARD CODE: C56OP1 (FOOD PREPARATION AND NUTRITION)

WHY TAKE THIS COURSE?

Whether you simply have a keen interest in Food and want to learn more about it or you have an ambition to study for a career in the Food or Catering industry, this course could be just for you.

Take this unique opportunity to develop your knowledge, understanding and skills in areas such as British and international cuisines, the relationship between the physiological and psychological effects of poor diet and health, how to modify recipes to create your own and many more aspects. This subject will also provide you with an opportunity to develop your skills for imaginative, innovative thinking, creativity and independence. If you choose this subject, you will be expected to provide ingredients for food preparation on a regular basis. This course involves a large degree of written work as well as practical elements.

AIMS OF THE COURSE

To equip learners with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. It will encourage learners to cook, enable them to make informed decisions about food and nutrition and allow them to acquire knowledge in order to be able to feed themselves and others affordably and nutritiously, now and later in life. By studying food preparation and nutrition, learners will:

- be able to demonstrate effective and safe cooking skills;
- develop knowledge and understanding of the functional properties and chemical characteristics of food;
- understand the relationship between diet, nutrition and health;
- understand the economic, environmental, ethical and socio-cultural influences on food availability, production processes, diet and health choices;
- demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety;
- understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international).

COURSE STRUCTURE AND CONTENT

Component 1 – Principles of Food Preparation and Nutrition

Written examination: 1 hour 45 minutes (50% of the qualification)

Learners will be given the opportunity to develop their knowledge and understanding of the six areas of content as well as develop technical skills through practical and experimental work.

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FOOD (CONT...)

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COURSE STRUCTURE AND CONTENT (*CONTINUED...*)

The six areas of study are:

1. Food commodities
2. Principles of nutrition
3. Diet and good health
4. The science of food
5. Where food comes from
6. Cooking and food preparation

Component 2 – Food Preparation and Nutrition in Action

Two controlled assessments: 20 hours (50% of the qualification)

This is a non-examination assessment, composed of two assessments set by the exam board. Both assessments are completed in the second year of their studies.

ASSESSMENT

Component 1 – Principles of Food Preparation and Nutrition

Written examination: 1 hour 45 minutes (50% of the qualification)

This component will consist of two sections, both containing **compulsory questions** and will assess the six areas of content studied:

Section A: questions based on stimulus material.

Section B: structured, short and extended response questions to assess content related to food preparation and nutrition.

Component 2 – Food Preparation and Nutrition in Action

Non-examination assessment: internally assessed, externally moderated

Assessment 1: 8 hours Assessment 2: 12 hours (50% of the qualification)

Assessment 1: The Food Investigation Assessment (15% of qualification)

A scientific food investigation which will assess the learner's knowledge, skills and understanding in relation to scientific principles underlying the preparation and cooking of food. Candidates are expected to produce a written report which is between 1,500 and 2,000 words.

Assessment 2: The Food Preparation Assessment (35% of qualification)

Prepare, cook and present a menu which assesses the learner's knowledge, skills and understanding in relation to the planning, preparation, cooking and presentation of food. Candidates are expected to produce a written portfolio which is no greater than 15 pages A4 (30 sides) or A3 equivalent.

ENTRY REQUIREMENTS

A student will need to demonstrate a keen interest in food. It would be ideal to have completed food studies in Years 7 & 8. Students **need** to have been regularly undertaking practical tasks at home during Year 9.

Students will be expected to develop their knowledge and understanding of the subject through a **large degree of written work** as well as practical activities. They must be prepared to undertake all aspects of the course. Students must prepare and cook dishes at home every week to develop their practical skills.

Students will need to provide ingredients for practical tasks that take place in school as well as when undertaking the controlled assessments. The type and cost of ingredients will vary depending upon the task and topic being covered.