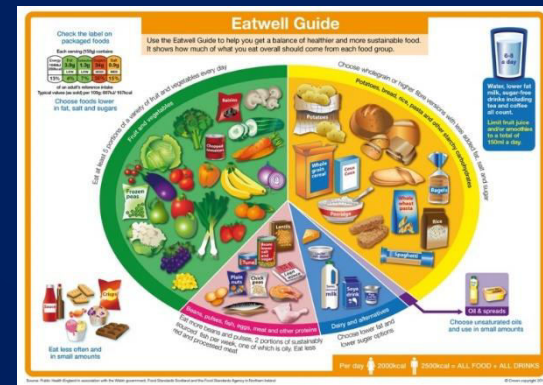


Welcome to GCSE Food Preparation and Nutrition



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Specification Information

Component 1

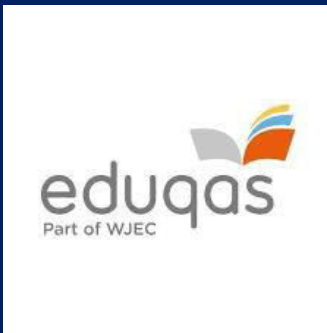
Principles of Food Preparation and Nutrition

Written examination: 1 hour 45 minutes

50% of the qualification –End of Year 11

Areas of Content

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

2 x Non-examination assessments

50% of the qualification

Assessment 1: The Food Investigation
Assessment 15% of total 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. 8 hours
Oct Year 11

Assessment 2: The Food Preparation
Assessment - 35% of total 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. 12 hours Jan Year 11



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What you will learn

By studying food preparation and nutrition you will:

- Be able to demonstrate effective and safe cooking skills by planning, preparing and cooking a variety of food commodities whilst using different cooking techniques and equipment.
- Develop knowledge and understanding of the functional properties and chemical characteristics of food as well as a sound knowledge of the nutritional content of food and drinks.
- Understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet 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 considerations when preparing, processing, storing, cooking and serving food.
- Understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international) to inspire new ideas or modify existing recipes.



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How you will be assessed?

Component 1: Written

Principles of Food Preparation and Nutrition

Written examination: 1 hour 45 minutes

50% of qualification

Example exam question:

4. Nutrition is the study of nutrients.

- (a) Describe the difference between a macro and micro nutrient. [2]
- (b) Name the process by which carbohydrate is produced in plants. [1]
- (c) Identify three consequences for health and well being of a diet high in sugar. [3]

Component 2: Practical & Written

Food Preparation and Nutrition in Action

2 x Non-examination assessment: internally assessed, externally moderated

50% of qualification

Assessment 1: 8 hours

- E.g. Investigate the working characteristics and the functional and chemical properties where appropriate, of the different ingredients needed to achieve a perfect shortcrust pastry.

Assessment 2: 12 hours

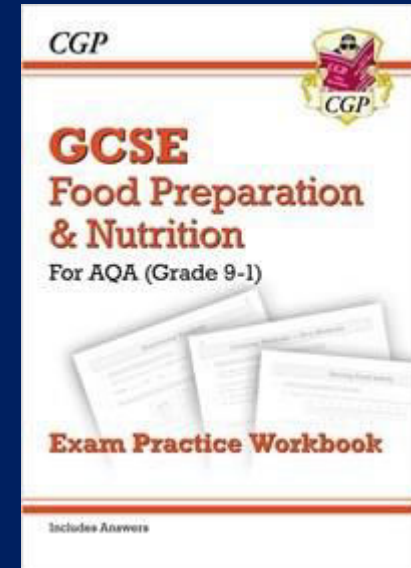
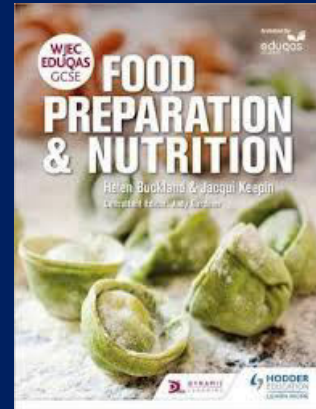
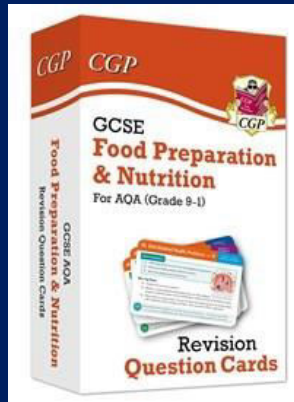
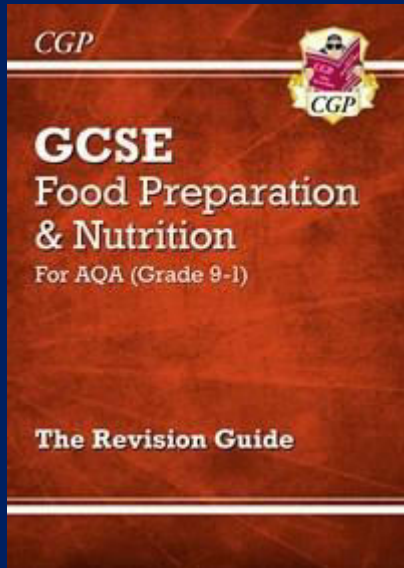
- E.g. Task A:
- A local restaurant is holding an international week. Research, prepare and cook 3 dishes that could be served on a themed menu to promote the cuisine of a specific country or region



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Resources



<https://www.foodafactoflife.org.uk/14-16-years/>

<https://resources.edugas.co.uk/Pages/ResourceSingle.aspx?rld=691>

<https://resources.edugas.co.uk/Pages/ResourceSingle.aspx?rld=1543>

<https://resources.edugas.co.uk/Pages/ResourceSingle.aspx?rld=1221>



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Practical Skills



<u>Knife skills</u>	Prepare fruit & vegetables - <u>Scissor snip</u> , <u>Mashing</u> , <u>Peeling</u>	<u>Prepare, combine & shape</u>
<u>Tenderise & marinate</u>	Select & adjust a cooking process	<u>Weighing & measuring</u>
Prep of ingredients and equipment	Use of equipment e.g. <u>Blender</u> , <u>Food Processor</u>	<u>Boiling/simmering/poaching/blanching</u>
<u>Dry heat/stir/shallow/deep frying</u>	<u>Using the grill</u>	<u>Oven/baking/roasting/tagine/braising</u>
<u>Sauce making</u>	Set a mixture <u>starch</u> based/gelation	<u>Set a mixture coagulation</u>
<u>Use of raising agents</u>	<u>Bread/Pasta/Shortcrust/Choux</u> pastry dough	Shaping and finishing a dough
<u>Testing for readiness</u>	<u>Portioning a Chicken</u>	<u>Judge and manipulate sensory properties</u>
	<u>Filleting a Fish</u>	



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Careers in Food

<u>Catering Assistant</u>	<u>Food Technologist</u>	<u>Bakery Manager</u>	<u>Teacher</u>	<u>Quality Assurance</u>
<u>Farm Manager</u>	<u>Molecular Gastronomist</u>	<u>Head Chef / Sous Chef</u>	<u>Catering Manager</u>	<u>Agri-Food Robotics Engineering</u>
<u>Clinical Dietitian</u>	<u>Pastry Chef</u>	<u>Sommelier</u>	<u>Butcher</u>	<u>Food Journalist</u>
<u>Food Manufacturer</u>	<u>Food Photography</u>	<u>Food safety Microbiologist</u>	<u>Retail Manager</u>	<u>Product Development Scientist</u>
<u>Environmental Health Officer</u>	<u>Craft Brewer</u>	<u>Kitchen Assistant</u>	<u>Executive Chef</u>	<u>Engineer</u>
<u>Food Chemist</u>	<u>Food Stylist</u>	<u>Hotel Manager</u>	<u>Nutritionist</u>	<u>Food critic</u>



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Where can you find more information

- <https://twitter.com/Westhilltech>
- <https://www.westhillschool.co.uk/curriculum/subject-areas/technology>
- Tdiamond@westhillschool.co.uk
- [Learn about Diet with Pep Guardiola](#)
- [Career Advice From Michelin Starred Chef: Curtis Duffy](#)
- [Career Advice on becoming a Sous Chef by Steven T](#)
- [Liverpool FC: The Importance of Nutrition](#)
- [WJEC Eduqas GCSE in FOOD PREPARATION AND NUTRITION SPECIFICATION](#)



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Student Comments

Food preparation and nutrition is a great option to take because it teaches you vital life skills :-budgeting/costing when buying ingredients, preparing recipes and ingredients from scratch e.g.. Making Choux pastry for Profiteroles and filleting a whole Chicken to create 3 different meals.

Year 11 pupil

The theory side has taught me so much beneficial information on how to follow a healthy diet and also how to keep myself and others safe from how to use a knife properly all the way to learning about food labelling and packaging, potentially fatal food allergies, and how to prevent cross contamination. Year 11 pupil



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