

# FOOD PREPARATION AND NUTRITION

EXAM BOARD: EDUQAS

QUALIFICATION: GCSE (9 – 1)

Options 19



## 50% EXAMINATION

**Component 1:** Principles of Food Preparation and Nutrition -1hr 45 mins.



## 50% NON-EXAMINED ASSESSMENT

**Component 2:** Food Preparation and Nutrition in Action

**Assessment 1:** Food Investigation Research and plan a scientific investigation task, conduct practical experiments/ investigations, analyse and evaluate the results and produce a written report (2000 words).

**Assessment 2:** Food Preparation Investigate and plan a menu of three dishes. Trial and test suitable dishes, prepare, cook and present the menu in 3 hours under exam conditions. Evaluate the results and produce a folio of evidence including photographs, charts and graphs (30 sides of A4).



## FURTHER EDUCATION

You can progress to Food Science, Nutrition or Catering and Hospitality related courses or apprenticeships within the food industry. A variety of Food and Nutrition degree courses are available at university.



## CAREER OPPORTUNITIES

Dietician/Nutritionist, Food Sales and Promotion, Product Development, Consumer Technologist (Sensory Analysis and Product Tasting), Chef/ Baker/Caterer, Food Journalism, Environmental Health Officer, Health & Safety Inspector, Food Service Management, Delicatessen/Restaurateur, Food Wholesaler, Production & Manufacturing, Quality Assurance/Standardisation, Purchaser, Store Manager, Packaging Technologist, Teacher.



## EDUQAS WEBSITE

Click on the link above to download full specification/s.

## WHAT IS THIS COURSE ABOUT?

### 1: Food commodities

You will study: a wide range of food and ingredients (commodities); the value of each commodity within the diet; features and characteristics of each commodity; their correct storage to avoid food contamination; the working characteristics, functions, chemical properties and origins of each commodity.

### 2: Principles of nutrition

Macronutrients and Micronutrients: proteins; fats, oils and lipids; carbohydrates; fat and water-soluble vitamins; minerals; trace elements; water; dietary fibre

### 3: Diet and good health

Energy requirements of individuals; plan balanced diets; calculate energy and nutritional values of recipes, meals and diets.

### 4: The science of food

The effect of cooking on food; food spoilage and preservation.

### 5: Where food comes from

Food provenance (including cultural, social, ethical, environmental and global influences); food manufacturing.

### 6: Cooking and food preparation

Factors affecting food choice; preparation and cooking techniques; developing recipes and meals.

## WHAT SKILLS WILL I DEVELOP?

The GCSE in Food Preparation and Nutrition equips learners with the knowledge, understanding and skills required to apply the principles of food science, nutrition and healthy eating when selecting, preparing and cooking food. You will learn to cook and make informed decisions about food and nutrition in order to be able to feed yourself and others affordably and nutritiously. You will develop a wide range of high quality food preparation techniques, demonstrate creative use of ingredients and use practical experimentation to investigate a range of ingredients.

