

Food Prep & Nutrition

GCSE Grade 1-9



Written Examination: 50%

We will learn about cereals, fruit & vegetables, sugars, dairy, fats, meat, fish and vegetarian alternatives, where they come from, their value in the diet & their working characteristics. We will also study the role of the main nutrients, their sources, function and deficiency diseases. Your studies will help you to understand the huge challenges that we face globally to supply the world with nutritious, safe food.



Non-exam Assessment 50%:

Food Investigation 15% - You will be asked to conduct a practical scientific food investigation, assessing your skills and understanding of the scientific principles behind a dish.
Food Preparation 35% - You are challenged to plan, prepare, cook and present a menu assessing your knowledge and skills planning, preparing, cooking and presenting the food.



Year 10 Work

We will cook every week to learn to safely and skilfully create a wide range of delicious quality dishes including: super starters, mouth-watering mains and delicious desserts. Time will also be spent conducting edible experiments to understand the changes that occur during preparation and cooking.



Skills for life:

Practical Cooking Skills and an improved awareness of Food and Health issues.

Future Studies:

Level 3 Food courses at our sixth form.
 Vocational qualifications at local Colleges or Apprenticeships.

Higher Educational Studies:

BSc Degree courses at University in Food and Nutrition, Food Science, Technology, Public Health, Nutrition or Teaching etc.

Where can success take me?

Food & Nutrition, Food Science, Dietitian, Teaching, Food Manufacturing, Environmental Health, Quality Control, Food Buyer, Business Management, Product Designer, Food Technologist, Food Journalist, Food Critic, Sports Science, Health & Social Care, Nursing, Child Care, Catering, Hospitality Management, Professional Cookery, Patisserie & Confectionary, Front of House, Food & Beverage Service etc.