



D&T: GCSE Food Preparation and Nutrition



Number of Lessons per Week: 3 – **Subject Teachers:** Katrina Harris & Vanessa Seale

Assessment requirements:

- Unit 1 (50%) –

- NEA Task 1, 15%, food investigation.
- NEA Task 2, 35%, practical design & make task

Unit 2 (50%) – Knowledge and understanding of food products. Multiple-choice, short answer and extended-writing type questions. 1.75 hours duration.

What will I learn?

The course follows on directly from KS3 Food Technology. You will learn more about:-

- The role of the Food Technologist in designing foods
- Industrial preparation and manufacture of food
- The nutritional value of food and its function in the body
- Diets for people with specific needs
- Practical skills for both sweet & savoury products
- Food presentation, to make food appetising & attractive
- Food preservation and provenance.
- Food safety, health & hygiene



What is the structure of the course?

The course is taught by a variety of methods – discussions, films, practical skills lessons and experimental & investigation work and tasks.

Students will be required to provide their own ingredients and components for these lessons at all times – ingredients are not provided for them.

What skills and interests do I need to have?

To enjoy this course it is vital that you have a genuine interest in preparing, cooking, presenting and evaluating food.

You will have enjoyed Food Technology in KS3 and help to cook at home.

You would have an interest in 'foodie' TV programmes.

You will be keen to develop your knowledge of food materials in order to be able to Design original products.

You will be willing to spend some of your free time actually researching food products available in a variety of shops.

You must be prepared to bring ingredients for practical lessons.



Progression Opportunities

A student who has completed a GCSE Course in this subject and achieved a satisfactory result may be able to consider further study in Sixth Form colleges. Various Design & Technology subjects including hospitality & culinary arts are offered at degree level at university and are often chosen by students looking at a career in hospitality & tourism management.