

GCSE Food preparation and nutrition

Exam Board: AQA

Course Description:

Students will work on short projects to teach them a wide variety of making skills. In each project there will be a central focus, increasing their knowledge and experience, combining ingredients and learning new methods of making whilst considering the function of those ingredients and the nutritional value.

Course content:

This is a new GCSE and at the time of writing this descriptor there is not an approved specification, based on the draft specification the skills year will include the following topics:

Food Preparation Skills;

- General practical skills
- Knife skills
- Preparing fruits and vegetables
- Use of the cooker
- Use of equipment
- Cooking methods
- Sauce making
- Tenderising and Marinating
- Dough
- Raising agents
- Setting mixtures

Food and Nutrition

Food Science – functional and chemical properties of food.

Food safety

Food choice

British and international cuisines

Food labelling

Environmental impact

The main focus for this year is to have as wide and experience as possible working with different ingredients and using different techniques to build the confidence of students.

Important information:

Students will be asked to cook at home once a week, from a selection of recipes on the VLE. Following this, students will be asked to evaluate their cook and take a picture. This will encourage students to gain a wider experience of reading and following recipes.

Extra-Curricular Opportunities:

- Lunchtimes are available for additional project work.
- Students have the opportunity to try different techniques that are not normally used within lessons.
- As part of the course of study, students will be invited to attend a trip to Cadbury's world to see mass production.

Provision for the Most Able:

Extension objectives provided every lesson. Students are encouraged to challenge themselves by modifying the original recipe. They will be refining their finishing skills so that they quality of outcome is a greater consideration, not just getting it made.

Useful websites:

- AQA GCSE Food Technology
- <http://www.aqa.org.uk/subjects/design-and-technology/gcse/design-and-technology-food-technology-4545>
(There is not a link currently to the Food Preparation and Nutrition course.)

Assessment:

As the year progresses, students will be assessed increasingly against GCSE criteria. For each project, students will be given success criteria and learn how to self and peer assess their work to encourage independence and an understanding of the GCSE assessment criteria.

