

Food Preparation and Nutrition – KS4 Specification

About the course:

The course aims to equip learners with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. It will encourage learners to cook, enables them to make informed decisions about food and nutrition and allows them to acquire knowledge in order to be able to feed themselves and others affordably and nutritiously now and in the future.

What will it be like?

Pupils will learn through a mix of theory and practical lessons. The course covers six main areas which, when covered will enable the learners, once in Year 11, to complete two practical based assessments and equip them with the knowledge to sit a written exam. The first practical assessment is an investigation which will require the learner to research and plan the task; investigate working characteristic, function and chemical properties of ingredients through practical activities and analyse and evaluate the results and task. The second one is preparing a menu of three dishes where again they will investigate and plan the task; select a final menu, produce a dovetailed time plan of action, prepare and present the dishes and evaluate the task in full. All tasks are set by the exam board.

Areas of study will include:

Food commodities.
Principles of nutrition.
Diet and good health.
The science of food.
Where food comes from.
Cooking and food preparation.

50% controlled assessment, 50% examination

Beyond Year 11:

This course is suitable for anyone going on to hospitality and catering training or apprenticeships and anyone going into professional cookery. Sectors of employment include jobs relating to environmental health, nutritionists, dieticians, fitness and diet professionals. Employment can also be found in food sales, marketing, logistics, finance, retail, purchasing and being a buyer for a food retailers and all aspects of the catering and hospitality industry. Journalism and the media also employs people with food technology qualifications.