

**Subject: Food Preparation and Nutrition**  
**Examination Board: WJEC/EDUQAS**

<p><b><u>What will I be studying?</u></b>          There are 6 areas of study within component 1 (The Principles of Food Preparation and Nutrition)</p> <ul style="list-style-type: none"> <li>• Food commodities</li> <li>• Principles of nutrition</li> <li>• Diet and good health</li> <li>• The science of food</li> <li>• Where food comes from</li> <li>• Cooking and food preparation</li> </ul>	<p><b><u>What sort of activities will I be doing in class?</u></b>          This course teaches you to make connections between theory and practice so that you are to apply your understanding of food science and nutrition to practical cooking. The course will involve a mix of both theory and practical lessons. You will learn how to portion a whole chicken, fillet a fish, thicken sauces and many other practical culinary skills.</p>
<p><b><u>Do I need special skills?</u></b>          You do need to enjoy cooking and have an interest in food and nutrition. You may need to practice dishes at home. Be aware that the course does involve written work as well as practical work.</p>	<p><b><u>How will I be assessed?</u></b>          There are 2 non-examination assessments - component 2 (Food Preparation and Nutrition in Action). 50% of the total GCSE mark</p> <p><b>Assessment 1</b> - a scientific food investigation          8 hours          15% of the total GCSE mark          Report length 1,500 - 2,000 words</p> <p><b>Assessment 2</b> - a food preparation assessment          12 hours          35% of the total GCSE mark          A Maximum of 30 typed A4 pages to include photographs, charts and graphs</p>
<p><b><u>What will the exams be like?</u></b>          There is one written paper in the summer of year 11 based on the 6 areas of study in component 1.</p> <p>1 hour 45 minutes          50% of the total GCSE mark</p>	<p><b><u>What qualifications will I achieve?</u></b>          You will achieve a GCSE in Food Preparation and Nutrition.</p>
<p><b><u>What sort of homework will I be expected to do?</u></b>          Homework will consist of the following and you can expect homework each week.</p> <ul style="list-style-type: none"> <li>• Preparing ingredients for practical lessons</li> <li>• Research</li> <li>• Written tasks</li> <li>• Reading to support subject knowledge</li> <li>• Practising cooking skills and dishes</li> </ul>	<p><b><u>What can this course lead to in the future?</u></b></p> <ul style="list-style-type: none"> <li>• Nutrition and Health Studies</li> <li>• Hospitality and Catering</li> <li>• Food Science and Technology</li> </ul>
<p><b><u>What deadlines will I need to meet?</u></b></p> <ul style="list-style-type: none"> <li>• Non-examination assessments have strict deadlines which must be met without fail.</li> <li>• You must bring ingredients for all practical lessons.</li> <li>• Homework deadlines must be met in order for you to improve on previous grades and ensure you understand each topic.</li> </ul>	<p><b><u>Who can I speak to for further information?</u></b></p> <p>Mrs. Borman</p>
<p><b><u>Is there anything else I need to know?</u></b>          The course is not an 'easy option'. It is fast moving, challenging and demanding. The non-examination assessments require considerable independent learning skills. If you enjoy science and food preparation, this is the course for you!</p>	