

# Food and Nutrition

## Year 7-

Pupils are learning basic cooking skills such as, cutting, peeling, melting, rubbing in, baking, boiling and grilling along side health and safety in the kitchen. They will learn to cook a variety of products and build upon prior knowledge as they progress through the year.



## Years 8 & 9 –

Pupils are using their previous experience to cook a variety of nutritious meals that they could easily replicate at home. The focus is on 'Cooking for Life'. Including World Cuisine and Vegetables in Cooking



# OCR Food Preparation and Nutrition GCSE (9-1)

## J309 assessment 2018 B

*This qualification aims to develop strong practical cooking skills and techniques, as well as a good understanding of nutrition. Pupils who learn to cook well are more likely to make better food choices.*

*Pupils will demonstrate safe and effective cooking skills using a variety of foods. Pupils will learn the functions of ingredients and their nutritional value.*

*Have an understanding of the relationship between food and diet.*

*Explore foods from different cultures, countries and dietary requirements.*



**The GCSE has three components:**

**Component 01: Food Preparation and Nutrition 50% of total GCSE**

(100 marks) 1 hour 30 minutes written exam

**Component 03: (postal option): Food Investigation Task 15% of total GCSE**

45 marks non-examined assessment

**Component 05: (postal option): Food Preparation Task 35% of total GCSE**

105 marks non-examined assessment



**There are four sections which will be covered throughout the components –**

**Section A – Nutrition-**Diet and health, dietary needs, energy balance, protein, fat, minerals, carbohydrates, vitamins and minerals

**Section B – Food provenance and food choice-**Food sources, how they are grown, processing, production, additives, individual cuisines, personal and economic factors influencing food choice, medical, ethnic and moral issues

**Section C – Cooking and food preparation-** Food science, sensory properties (taste, smell, appearance, texture, taste), food safety.

**Section D – Skills requirements: Preparation and cooking techniques-** Knife skills, cooking methods, preparation techniques, sauces, raising agents, dough.

## **What skills will I develop in Food Preparation and Nutrition?**

**Food Preparation and Nutrition will enable students to develop many desirable skills that both employers and universities seek. Primarily students develop their practical cookery skills through making a large variety of recipes and practicing key culinary techniques. In developing these skills students will develop their communication, teamwork, problem solving and analytical skills. The course will help students develop an understanding of the future of food, the role it plays within society and how as consumers we have the power to make moral and ethical decisions that can make a difference to the world we live in. Students will become confident in decision making and developing their own judgements in a supportive and creative classroom environment.**



Bread making



Local Market Visit

**Food Preparation and Nutrition can lead to a number of careers not just those directly linked with the food industry.**

**It can also help to support applications to a wide range of further education courses such as Food Science, Product Development, Food and Nutrition, Sports Science, Midwifery and Nursing, Medicine, Dietetics, Catering and Hospitality, Food Journalism and PR, Food Styling and photography, Food Retail, Environmental Health and The Food Standards Agency.**