

GCSE Food Preparation & Nutrition

50% coursework

50% exam



Assessment 1

A scientific food investigation which will assess the learner's knowledge, skills and understanding in relation to scientific principles underlying the preparation and cooking of food

This could be

How does fat in pastry work?

It could be.....

How do we thicken sauces?

It could be.....

How much sugar is in sugar?

Assessment 2

Prepare, cook and present a menu.
Plan, prepare, cook and present
your food.



What are we going to cook...

Pastry

- Hot water
- Shortcrust
- Choux (profiteroles)

Cakes

- Whisked
- Creaming
- Melting
- Rubbing in

Poultry dishes

- Portioning chicken

Pasta

- Making the pasta dough
- Shaping
- Flavouring

Sauces

- Thickening

Bread making

- Yeast
- Other raising agents

Fish

- Types
- Filleting
- Preparing
- Cooking

Biscuits

- Types
- Rolling out
- Shaping
- Decorating

Why food.....

We all need to eat

Food should be enjoyable

We should all know how to eat sensibly

Job opportunities

- catering
- Hospitality
- armed forces
- nursing
- child care professions– teaching, nursery nurses
- Travel and Tourism jobs
- Food scientist/technologist
- Nutritionist
- Food manufacturer
- Food product developer/scientist
- Animal nutritionist
- Dietician

What do I need to know

2 lessons a week =

- 1 lesson theory
- 1 lesson practical

There is an expectation that we cook almost every week. So you have to be organised!!!