



## FOOD PREPARATION AND NUTRITION

AWARDING BODY: EQUQAS

QUALIFICATION: GCSE

AVAILABLE: ALL STUDENTS

### COURSE OUTLINE

#### **This subject is most suitable for students who:**

- Consider a career in nutrition, sport science, microbiology or the food industry
- Enjoy preparing meals for themselves and others
- Be able to demonstrate effective and safe cooking skills by planning, preparing and cooking a variety of food commodities
- To develop an understanding of the functional properties and chemical characteristics of food as well as a sound knowledge of the nutritional content of food and drinks.
- To understand and explore a range of ingredients and processes from different culinary traditions to inspire new ideas or modify existing recipes.
- Areas covered:
- Food commodities
- Principles of nutrition
- Diet and good health
- The science of food
- Where food comes from
- Cooking and food preparation



## ASSESSMENT METHOD

Component 1	<b>Principles of Food preparation and nutrition</b> Written examination 1 hour 45 minutes	650%
Component 2	<b>Food preparation and nutrition in action</b> Internally assessed 2 assessments over 2 years	450%

## SKILLS ACQUIRED

- To develop practical skills used in food preparation
- To develop sensitivity, creativity and aesthetic appreciation.
- To understand the relationship between diet, nutrition and health
- To develop ability in team work and problem solving

**Specification:** [http://www.eduqas.co.uk/qualifications/food-preparation-and-nutrition/eduqas-gcse-food-preparation-nutrition-spec-from-2016.pdf?language\\_id=1&dotcache=no&dotcache=refresh](http://www.eduqas.co.uk/qualifications/food-preparation-and-nutrition/eduqas-gcse-food-preparation-nutrition-spec-from-2016.pdf?language_id=1&dotcache=no&dotcache=refresh)

**Assessment:** [http://www.eduqas.co.uk/qualifications/food-preparation-and-nutrition/eduqas-gcse-food-preparation-nutrition-sams-from-2016.pdf?language\\_id=1&dotcache=no&dotcache=refresh](http://www.eduqas.co.uk/qualifications/food-preparation-and-nutrition/eduqas-gcse-food-preparation-nutrition-sams-from-2016.pdf?language_id=1&dotcache=no&dotcache=refresh)