GCSE Food Preparation and Nutrition

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| **Course Details** | **WJEC Eduqas Food Preparation and Nutrition**  To equip learners with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating.  To encourage learners to cook and enable them to make informed decisions about food and nutrition in order to be able to feed themselves and others affordably and nutritiously, now and later in life. |
| **Exam Details** | Written assessment: 1 hour 45 minutes - 50% of qualification at the end of year 11 |
| **Other Assessment** | Two Practical assessments – 50% of qualification – beginning of year 11   * 1. Food investigation assessment – this is a scientific food investigation - 8 hours   2. Food preparation assessment – plan, prepare and cook a three-course meal - 12 hours |
| **Revision Guidance** | Revision Guides: Eduqas GCSE Food Preparation and Nutrition, by Jayne Hill (Illuminate Publishing) or CGP – GCSE Food Preparation and Nutrition for WJEC Eduqas (grade 9-1)  Also available is the text book for Eduqas GCSE Food Preparation and Nutrition – Illuminate Publishing or Hodder. We use Hodder in school.  **Topics covered**  Food commodities, principles of nutrition, diet and good health, the science of food, where food comes from, and cooking and food preparation. |
| **Useful Websites** | www.nutrition.org.uk  www.bbcgoodfood.com/content/recipes  www.eatwell.gov.uk  www.foodafactoflife.org.uk  [www.5aday.nhs.uk](http://Www.5aday.nhs.uk) |
| **What can I do?** | Ensure your daughter has ingredients for practical lessons which are part of their research for their practical exam.  She needs to be well organised for practical lessons and the practical exam, bringing in recipes, apron, time-plan and other notes.  Practice dishes at home, so they feel confident when they go into their practical exam.  To keep up with coursework, attendance is really important, as it is in controlled assessment time. |
| **What does your daughter need to do to succeed in this subject?** | Complete coursework to deadlines and keep focused in controlled assessment time, so that you do not waste time and work to your best ability. Do plenty of independent research to get ideas for practical exam. Always practice dishes at home prior to practical exam. Research dishes using high level skills. Catch up on any missed lessons, so there are no gaps in your work. |
| **What does your daughter need to do to excel in this subject?** | Use high level cooking and presentation skills in the practical exam, so you can gain high marks. Be organised with class notes and homework and keep to deadlines with coursework. Keep class notes in a ring binder, so that you have them for revision. |