



Is GCSE Food Preparation and Nutrition the right option for me?

Eaton Bank Academy, Congleton.

What would I learn about?

Knowledge and understanding

- Food commodities
- Principles of nutrition
- Diet and good health
- The science of food
- Where food comes from
- Cooking and food preparation practical skills

What skills would I develop?

- This course equips you with vital life skills for now and later life.
- An understanding about food and health will help you make good food choices for yourself so you look and feel well.
- Learning how to prepare and cook dishes will give you the skills to be able to cook independently now as well as prepare you for being responsible for feeding a family in later life.
- Learning through investigation work will help develop scientific skills and logical thinking
- Learning through project work will help you to be organised and manage time and deadlines successfully
- Cooking and working with food will help you develop creative and artistic skills

What would I do in lessons/at home?

- Lesson are a mix of theory and practical work.
- There is usually one practical lesson a week.
- You would need to be organised and well prepared for practical lessons
- It would be expected that you practise your skills at home to become more confident in an kitchen environment

How would I be assessed?

- During the course?

Tasks completed in class and at home, through practical tasks and in practice coursework tasks

- At the end of the course?

50% Written exam

15% - Food Investigation – September Year 11

35% - Food Preparation task – November Year 11

What could I do at the end of this course?

This course prepares you for:

- Further study at A-level or level 3 courses,
- Other college courses such as Catering or an apprenticeship
- Careers/working in catering and hospitality and/or other linked careers in the Food Industry, Food Science, Nutrition related careers such as dietetics

This course is also valuable because it develops important skills that you will use everyday through your whole life

Is this the right option for me?

This course will suit students who

- Enjoyed Food in year 7 and 8
- Enjoy linking practical learning to theory
- Are creative
- Are organised
- Are interested in learning a skill set that will be relevant to their futures as adults

Is this the right option for me?

How do I decide? For all courses, ask yourself:

- Would I enjoy this?
- Would I be good at this?
- Would it help me get to where I want to be?

Key deadlines

- See Mrs Neil if you would like more information
- Options + parents' evening Thursday Feb 1
- **Options form to tutors by Monday 12 Feb**