

# GCSE FOOD AND NUTRITION

## Why choose GCSE Food and Nutrition?

The WJEC GCSE in Food and Nutrition will equip you with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. It will encourage you to cook a range of dishes and will give you the required knowledge and understanding to enable you to make informed decisions about food and nutrition. With the knowledge you gain you will be able to feed yourselves and others affordably and nutritiously, now and later in life.

## What will I study?

The specification in food and nutrition will enable you to make connections between theory and practice so that you are able to apply your understanding of food science and nutrition to practical cooking. The content relates to the study of both food and drinks.



# GCSE FOOD AND NUTRITION



## What skills will I develop?

By studying food and nutrition you will be able to:

- demonstrate effective and safe cooking skills by planning, preparing and cooking a variety of food commodities whilst using different cooking techniques and equipment
- develop knowledge and understanding of the functional properties and chemical characteristics of food as well as a sound knowledge of the nutritional content of food and drinks
- understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health
- understand the economic, environmental, ethical and socio-cultural influences on food availability, production processes, diet and health choices
- demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food
- understand and explore a range of ingredients and processes from different culinary traditions (traditional Welsh, British and international) to inspire new ideas or modify existing recipes.

## How will I be assessed?

**Unit 1: Principles of Food and Nutrition** will be assessed through a written examination.

- 1 hour 30 minutes
- 40% of qualification
- 80 marks
- **Two** sections both containing compulsory questions
- Section A: questions based on stimulus materials
- Section B: a range of question types to assess all content related to food and nutrition

**Unit 2: Food and Nutrition in Action** will be assessed through two non-examination assessment: marked by your teacher, externally moderated by WJEC. These are worth 60% of the total qualification.

### **Assessment 1: The Food Investigation Assessment**

- 10 hours task
- 20% of the total marks available
- Will involve practical experimental work and written work based on a specific food commodity e.g. bread, pastry.

### **Assessment 2: The Food Preparation Assessment**

- 15 hours task
- 40% of the total marks available
- Will involve research to respond to a given brief plus planning, preparation, cooking (1 x 3 hour session) and presentation of three dishes plus accompaniments (if appropriate) to form a menu.

## Careers with GCSE Food and Nutrition

This qualification will build on subject content which you will have been taught at Key Stage 3 and will provide a suitable foundation for the study of Food and Nutrition at Level 3 for example the WJEC Level 3 Certificate in Food Science and Nutrition. This qualification will also provide

a coherent, satisfying and worthwhile course of study for you if you do not progress to further study in this subject. In addition, the qualification will introduce you to a new way of thinking about food which could help you make informed decisions about a wide range of career pathways.