



# Food Preparation and Nutrition

GCSE beginning 2017

## The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



# Introduction



## \* Subject aims:

- \* To encourage pupils to cook.
- \* To equip students with the knowledge, understanding and skills to cook.
- \* To help pupils apply the principles of nutrition, food science and healthy eating.
- \* To allow students to make informed choices about a wide range of study/career paths.
- \* Develop vital life skills so that they can feed themselves and others affordably and nutritiously.

# LEARNING OUTCOMES



- \* Pupils will be able to....
- \* Demonstrate effective and safe cooking skills.
- \* Understand the functions of ingredients in food, the chemical processes and nutritional content.
- \* Understand the relation between diet and health.
- \* Understand economic, environmental, ethical and cultural influences on food choices.
- \* Demonstrate understanding of sensory qualities and food safety when preparing, storing and cooking food.
- \* Understand a range of ingredients and processes from different cultures to inspire new ideas and modify recipes.

# Subject content

**Nutrition**...recommended guidelines, diet related health risks, function and sources of nutrients.

**Food provenance and choice**...where and how foods are grown/reared, processing and the effects on our food, technological developments and culinary traditions both here and abroad.

**Cooking and food preparation**....

- Knife skills
- Preparation of fruit and vegetables
- Cooking methods and processes
- Weighing and measuring/ calculating proportions and ratios.
- Safe use of a wide variety of equipment
- Key skills e.g Sauce making, Doughs, Pastry etc



# Skills required



## Students must...

- ❖ Demonstrate and APPLY skills when planning , preparing, cooking and presenting recipes.
  
- ❖ Select, modify or create new recipes to suit particular requirements e.g.
  - Lifestyle.
  - Nutritional needs.
  - Financial situation.
  - Budget.
  - Religious or cultural needs. etc.
  
- ❖ Carry out sensory testing and experimentation to evaluate and improve dishes.
  
- ❖ Explain, justify and present ideas to others in a variety of formats.

# IS IT FOR ME?



Do you have a real **passion** for cooking?

Are you **keen** to experiment and push your practical skill level?

Are you happy working under pressure and have good **time – management** skills/

Are you **motivated** to find your own (or devise new) recipes?

Will you be prepared to spend **time at home** getting organized for practical sessions as well as doing written homework?

Do you wish to study a course that awards a GCSE grade partly for the exam, partly for written coursework tasks?

