

# **Food and Nutrition**

## **Outline of course**

This is a full G.C.S.E. course. Assessment is through 60% controlled assessment and 40% examination, which takes place at the end of the course.

The practical element of the course is assessed through the controlled assessment, there is no practical examination.

Work covered will be in the following areas:

- Nutrition and Health
- Food Commodities
- Food preparation and cooking
- Food, Safety and Preservation of food
- Meal Planning Consumer Education

## **Special equipment required**

Ingredients for practical lessons.

## **Coursework requirements**

Coursework 60%

## **Short Tasks**

Three short tasks will be completed during Year 10. These lead to 50% of the overall total for the coursework.

## **Food Study Task**

This is very detailed work and comprises the other 50% of the overall controlled assessment. This piece of work will be started at the beginning of Year 11 and will take all lessons and homework time until the end of January.

Deadlines will be set throughout the course to ensure that work can be completed adequately and monitored.

## **How parents can help at home**

By checking when students need ingredients.

By discussing their work with the student.

By checking that they are meeting deadlines.