



Food Preparation & Nutrition

Key Stage 3

By studying Food Preparation and Nutrition learners will be learning a wide range of transferable skills. Below are some of the topics they will cover. Throughout the course they 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
- demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food

Unit 1 Principles of Food and Nutrition

There will be a written examination: 1 hour 30 minutes which equates to 40% of the overall qualification. Learners should be given the opportunity to develop their knowledge and understanding of the six areas of content set out below.

Areas of content:

1. Food commodities
2. Principles of nutrition
3. Diet and good health
4. The science of food
5. Where food comes from
6. Cooking and food preparation

Unit 2 Cooking and Nutrition in Action

Non-examination assessment which equates to 60% of overall qualification. The non-examination assessment is composed of two assessments that are set by WJEC. Learners will be able to select from a choice of two tasks for each assessment.

The Assessments

Assessment 1: The Food Investigation Assessment 20% of total qualification

A Food Investigation will be set that will require each learner to:

- (a) research and investigate the task
- (b) investigate the working characteristics, function and chemical properties of ingredients through practical experimentation and use the investigation findings to achieve a particular result with respect to the preparation and cooking of food
- (c) analyse and evaluate the task and produce a report which evidences all of the above and includes photographs and/or visual recordings to support the investigation. The supportive evidence i.e. the report should consist of a maximum of 2,000 – 2,500 words.

WJEC will set tasks for each assessment.

Two tasks will be released by WJEC each series. **For example:**

Task A "The success of creamed sponge mixtures relies on a suitable raising agent."
Investigate the success of different raising agents when making a creamed sponge.

Task B "Many commercial low calorie desserts rely on the use of artificial sweeteners."
Investigate the use of alternative sweeteners when making a fruit mousse.

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