

Subject: GCSE Food Preparation & Nutrition

Department: Design and Technology

Exam Board: Eduqas

1: **Jamie Oliver**
Chef & Restaurateur

"As soon as I was old enough to peer over the worktops, I remember being fascinated by what went on in the kitchen. It just seemed such a cool place, everyone working together to make this lovely stuff and having a laugh doing it."

"All I ever wanted to do was be a chef."



"Cooking is without doubt one of the most important things a person can learn." Jamie Oliver

Access Criteria:

This option is for students who are passionate about food and want to develop their practical skills and nutritional

Course Assessment:

Written Exam 50%
Two pieces of internally assessed work:
Food investigation 15%
Food preparation task 35%

Core knowledge:

1. Food commodities
2. Principles of nutrition
3. Diet and good health
4. The science of food
5. Food Spoilage
6. Food provenance and waste
7. Cultures and Cuisines
8. Technical Developments
9. Factors effecting food choice.

Careers that require this qualification:

- Chefs
- Hotel/Restaurant Managers
- Dieticians
- Food Journalists
- Environmental Health Officer
- Teachers

Courses that you can follow after school if you opt for this subject:

BTEC Levels 2,3 and 4 in various subjects e.g. Hotel Management, Catering, Food Safety in Catering.

The key contact for Catering is:

Mrs Everitt

Further Reading:

Food magazines, cookery books, On-line Catering websites.

Eduqas GCSE Food Preparation and Nutrition website

