



Food Preparation and Nutrition

Why should I study GCSE Food Technology?

This is a qualification offered to students who would like to study practical cooking skills, nutrition, food provenance and the working properties of food. Practical work involves planning and making a wide range of food products to enable learners to feed themselves and others affordably and nutritiously.

What will I learn about?

Areas of study include:

- Food, Nutrition and Health
- Food Science
- Food Safety
- Food Choice
- Food Provenance

You will develop your practical skills throughout the course to become more independent in your choice of dishes, adapting foods to suit different requirements and client groups. Practical work will include working with bread, pastries, cakes, cereals, meat, fish, eggs, dairy, fruit, vegetables and meat alternatives.

How will my work be assessed?

EXAMINING BOARD WJEC Educas	Time	Percentage	Marks
Written Exam	1 hour 45 minutes	50%	100
Non-exam assessment			
<ul style="list-style-type: none"> ● Task 1 -Food investigation ● Task 2 -Food preparation assessment (Both tasks include written and practical work)	10 hours 3 hours	15% 35%	30 70

Who can I speak to for more information?

For further information about Food Preparation and Nutrition please speak to Mrs Hamstead, Second in Department Technology or contact options@penistone-gs.uk.