

EXTRA CURRICULAR ACTIVITIES



We take part in the Rotary Young Chef competition and so far, have always achieved first or second place



You have the opportunity to bake Mrs Busby's famous Christmas cake and we ice them with help

from the very talented Mrs Haunch and Mrs Barber

Career Opportunities

Food and Nutrition is a smart career choice as people will always eat. Opportunities include Nutritionist, Product Developer, Market Researcher, Dietician, Retail, Journalism, Consumer Protection, Restaurant/Hotel/Catering, just to name a few.....

Food Preparation & Nutrition (AQA)

This new GCSE Food Preparation and Nutrition is an exciting and creative course which focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance (where your food comes from) and the working characteristics of food materials. Students will also learn about British and international culinary traditions, food security and food safety. At its heart, this qualification focuses on nurturing students' practical cookery skills to give them a strong understanding of nutrition.

Course Content

The course is split into five core topics:

1. Food, nutrition and health
2. Food science
3. Food safety
4. Food choice
5. Food provenance

The emphasis is on making connections between theory and practise, and understanding the theory of food and nutrition. The majority of the course content will be delivered through practical experiences to apply this knowledge. *Students who select this option must be committed to bringing ingredients to all practical sessions.*



Spalding
High
School

AQA GCSE

Food & Nutrition

"It is good food not fine words that keep me alive" (Moliere)



As a food nutritionist, you'll create foods that will look fantastic, taste great and are marketable. People are always going to eat, so it's a good career choice.

Mrs Syer and Mrs Busby

WHAT DO WE DO AND WHAT IS INVOLVED?

Would you like a creative challenge?

Do you enjoy working with food?

Would you like to be kept up to date with food and nutrition issues?

If you have answered 'yes' to these questions, this course will develop your knowledge and skills through studying a range of different topics such as:

- ◆ Macro and micro nutrients, measurement of energy and the importance of water intake
- ◆ Dietary planning, BMI and the relationship between diet and health
- ◆ Social factors; culture, economics, work patterns, family lifestyles
- ◆ Dietary needs of individuals at different stages in life; pregnancy, children and the elderly
- ◆ Food additives, organic foods and sources of energy
- ◆ Scientific principles underlying the preparation and cooking of food
- ◆ Studying all methods of cooking, from microwaving to boiling, by theory and practical application
- ◆ Social and economic factors affecting food choices

The course also covers food scares and current food concerns, use of convenience foods, changes in lifestyle, different cultures, and the influence of celebrity chefs. It also looks at major health issues associated with poor diet such as dental cavities, obesity, diabetes, heart disease, etc.



BUT WHAT IF I AM VEGETARIAN OR HAVE A SPECIAL DIETARY NEED?

All recipes can be adapted or suitable ones chosen for any special eating requirements from cultural to allergies.

HOW IS IT ASSESSED?

There are 2 units within GCSE Food and Nutrition

Unit 1

A 1 hour, 45 minute exam paper (50%)

Unit 2 - Coursework (50%) through two practical based tasks

◆ Task 1: Food investigation

Students' understanding of the working characteristics, functional and chemical properties of ingredients

◆ Task 2: Food preparation assessment

Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task.

Students will prepare, cook and present a final menu of three dishes within a single period of no more than 3 hours, planning in advance how this will be achieved.

Pupils will also be entered for the Chartered Institute of Environmental Health Level 2 Award in Food Safety

