

Fitness & sport



Sensory & consumer scientist



Nutritionist



Career options

Public health inspector

The Armed Forces



Hospitality



Food production

Food technologist



Food teacher



Have you ever thought about what skills you achieve in this subject?

Food science & functions

Sequencing

Independence

Hygiene & safety

Evaluating

Problem solving

Reading

Prioritise

Weighing & measuring

Team work

Literacy

Resourceful

Resilience

Use of equipment

Considering others

Confidence

Following instructions

Analysis

Creativity

Practical skills

Time management

Communication

Weighing & measuring

What do these things say about you as a person?

Are these transferable skills that you could use now or in the future?

# EDUQAS GCSE Food Preparation & Nutrition

## What do we study?

### Principles of nutrition

What is nutrition  
How nutrients work well together  
Macro nutrients  
Micro nutrients  
The necessity of water



### Diet & good health

What a 'healthy diet' is  
Healthy eating guidelines  
Individual nutritional needs  
Special dietary needs



### Food provenance & food waste

The meaning of food provenance  
Food miles  
The problems with food waste  
How to prevent food waste  
Food packaging & the environment



### Food commodities

Cereals  
Fruit & vegetables  
Milk, cheese & yoghurt  
Meat, poultry, fish & eggs  
Beans, nuts, seeds. Soya, tofu  
& myco-protein  
Butter, oil, margarine  
Sugar & syrup



### Food spoilage

What causes food spoilage  
Pathogenic bacteria & food poisoning  
How to store food safely  
Cooking foods safely  
Preserving foods safely  
HACCP



### Technological developments

Technological developments & health  
Factors affecting food technology  
How technological processing affects food  
Food ingredient developments



### The science of cooking food

Why do we cook food?  
How to prevent nutrient loss when preparing & cooking food  
Methods of heat transfer  
The why and how of raising agents  
The science behind prepared and cooked foods



### Factors affecting food choice

Packaging & labelling  
Marketing & advertising  
Medical conditions  
Cost & food poverty  
Ethical choices  
Sensory analysis  
Culture & religion  
Availability & seasonal



### Cultures & cuisines

Factors influencing different cuisines



In year 10, you will work through all of the study areas that we have just talked about.

2  $\frac{1}{2}$  hours every week:

1 hour lesson - theory/experimental work/sensory testing work

1  $\frac{1}{2}$  hour lesson - practical`

How is our study structured during the two year course?

In year 11 you will complete two NEA tasks

1. An investigation task - 20%
2. Plan & make task - 30%

And a summer written exam - 50%

Examples of NEA trial dishes



Questions?

