

Example Exam Questions:

Section A

1 Which **one** of these is not suitable for a coeliac (1mark)

- A. Baked beans
- B. Marmite
- C. Pasta
- D. Roast beef

2. Identify **one** food below that would show a 'use by' date..(1mark)

- A. Carton of UHT milk
- B. Can of sliced peaches
- C. Fresh prawn salad
- D. Bar of chocolate

Section B

1. What does shallow fry mean and why do the burgers have to be fried on both sides. (3marks)
2. Statistics show that families throw away almost a third of all food. Give reasons why food is wasted in the home. (6marks).

Some of the skills you will Learn:

- ⇒ Designing your own recipes
- ⇒ High level knife skills with fish, chicken, vegetables
- ⇒ Making informed choices about ingredients
- ⇒ Nutritional analysis
- ⇒ Carrying out practical experiments
- ⇒ How to present a dish attractively
- ⇒ Understanding functional and chemical properties of food
- ⇒ Selecting appropriate cooking methods
- ⇒ Understanding food and the environment

Why pick this course...

- Perfect mix between academic and practical. work—over half your lessons will be practical.
- **There is a UK shortage of qualified food scientists and technologists.**
- Can lead to many careers in food product development, sports nutritionist, teacher, dietician, consumer research analyst, chef, and many more.

<http://tastycareers.org.uk/>



GCSE Food Preparation and Nutrition



Dishes you will make in Year 10



Course leader: Mrs Baker TE2

About the course...

This is a new exciting and creative course focusing on practical cooking skills and developing a thorough understanding of nutrition, food origin and the working characteristics of ingredients.



The main focus is developing cookery skills to give you a strong understanding of nutrition.

The five core topics are:

1. Food, nutrition and health.
2. Food science.
3. Food preparation skills.
4. Food choice.
5. Food provenance (where it comes from).



Example Investigations:

Task 1:

Investigate which ingredients are best for bread making .

Investigate suitable flours for bread making,

Investigate the conditions yeast needs to multiply.

Investigate amounts of gluten in flour.



Task 2:

'Plan, prepare, cook and present a range of dishes, using a variety of skills, which are a good source of fibre and would appeal to teenagers.'

Final dishes:

Roasted vegetable lasagna, three bean casserole and sundried tomato bread. Banana loaf with glaze icing.



How it's assessed :

Exam and Investigations

EXAM: 50%

Time: 1hr 45mins

Section A (20marks)

Multiple choice.

Section B (80marks) Q&A

PRACTICAL INVESTIGATIONS

Two tasks worth 50%

Task 1 : Food investigation (15%) 10hrs

Task 2 : Food preparation

(35%) 20hrs (Including a 3 hr practical)

PRACTICAL INVESTIGATIONS :

Task 2 : Food preparation/skills

(35%) 20hrs (Including a 3 hr practical)