

Year 9 Options Information Guide

GCSE Food Preparation and Nutrition

Faculty of Design
Department of Technology



Why choose Food Preparation and Nutrition (FPN)?

FPN is a fun and practical GCSE subject that gives students an understanding of the key principles of food commodities, preparation, cookery and nutrition. The qualification equips students with knowledge and practical skills, as well as encouraging them to make informed decisions about food. Students acquire the confidence to be able to feed themselves and others now, and in later life.

Subject Specific Skills:

- Food Recognition
- Food Preparation Techniques
- Methods of Cookery
- Food Presentation
- Knife Skills and Safe Handling
- Food Safety
- Diet and Nutrition
- Food Timings
- Food Purchasing
- Food Origin and Quality

Transferable Skills:

- Confidence Building
- Communication Skills
- Numeracy Skills
- Time Management
- Employability Skills
- Life Skills



food

Key Information

GCSE Awarding Body: Educas

GCSE Specific Unit Content:

Food Commodities

Principles of Nutrition

Diet and Good Health

The Science of Food

Food Provenance (Where food comes from)

Cooking Skills and Food Preparation

Progression Opportunities:

FPN can be a platform into many different progression avenues. These could be:

Vocational and Technical Qualifications in a Further Education College, A-Levels at a Sixth Form College,

T-Levels or workplace Apprenticeships. The foundations of all offer the potential foundations for employment or Higher Education.

Potential Careers from FPN:

There is a whole range of professions that are linked to FPN as a subject.

A selection of them are:

Food Writer/Food Blogger

Chef/Cook/Baker/Pastry Chef

Dietitian

Food Product Development Scientist

Hospitality Management/Restaurateur

Reasons for choosing FPN:

It is fun, practical and very hands-on!

Students are encouraged to eat and try new foods.

Students cook on average once every week.

Subject content is enjoyable and engaging.

Food Preparation and Cookery skills are something you will use throughout the whole of your life!

Knowledge and skills overlap into other subjects.



GCSE Assessment and Grading:

This GCSE is awarded on the grade scale of 9 (highest) to 1 (lowest).

Students undertake two Non-Examination Assessments (NEA) as well as an externally set formal written exam. Theory is very much embedded into the practical components of the qualification and on average, students cook every week in school to ensure the thorough and robust development of practical skills. This GCSE is very hands-on which students find enjoyable and engaging. Enjoyment and satisfaction is high and palpable in lessons. A brief summary of assessment is below.

Component 1:

Written Examination (1hr 45 mins)
50% GCSE Qualification

Component 2:

NEA1 Practical Food Investigation
(Total 8 hour classroom cookery
experiments over Y11)

NEA2 Practical Creative Cookery
Assessment (3 hr practical exam)
50% GCSE Qualification

Both NEAs Internally
Marked and moderated.

If you require any further information about this GCSE, please don't hesitate to contact Mr. M Bellamy for a discussion. I am more than happy to talk you through it further, and answer any questions you may have.
mbellamy@huntcliffschool.co.uk

Department of Technology
#inspiringcreativeminds



Huntcliff School
An Academy for Success