

## What pupils say about Food and Nutrition

*"It's the most relevant subject we do everyone should do it."*

*"Interesting"*

*"The Practical work is challenging but fun."*

*"Smaller classes mean we get more help."*

*"Complements a lot of the subjects I am taking eg Geography and Biology"*

*"Love being able to try out all the electrical equipment."*

*"We don't cook every week but usually we do something of a practical nature"*

*"Have learnt how to save and manage my money better."*

*"Can now cook a 2 course meal with all the trimmings in 1 hour!"*

*"Have had the chance to try lots of new foods."*

*"Our group made a 4 course Christmas dinner and sat and ate it one lunch near the end of term."*



**STOCKPORT  
GRAMMAR  
SCHOOL**



## AQA GCSE Food and Nutrition

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



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**Mrs Groves and Mrs Samways**

# What do we do?

Would you like a practical challenge?

Do you enjoy working with food?

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

Are you ready for life away from school?

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

## How is it assessed?

There are 2 units at GCSE Food and Nutrition

### Unit 1 EXAM PAPER 40%

Food and Nutrition. Written paper 1 hour 30 minutes.

### Unit 2 COURSEWORK 60%

Controlled assessment 24-26 hours in total.

2 tasks -

45% individual investigation ( 18 hours)

15% research task ( 6-8 hours)

Both these involve practical work.

Pupils will also be entered for the Food Hygiene Certificate, which may help them get employment.

**FACT-** Since 2009 83% of all our GCSE pupils got an A or A\*.



## What does it involve?

- Nutrition - Function and sources of the Protein, Fat, Carbohydrates, Vitamins, Minerals and water
- We investigate the healthy eating guide lines and learn how to plan a healthy meal



- Look at the major health problems associated with poor diet - dental caries, obesity, diabetes, CHD, anorexia etc.
- Energy requirements and balance
- Digestion
- The scientific principles underlying the preparation and cooking of food.
- Role and dangers of food additives
- Food storage - fridges, freezers
- Studying by theory and practical application all the methods of cooking from microwaving to baking
- Recipe balance and modification
- Study of the value (or not!) of convenience foods in the diet
- Social and economic factors affecting food choice
- Meal planning including cooking on a budget, multi cultural cuisine, food allergies, pregnancy, children elderly. Influence of celebrity chefs.

- Food scares and current food concerns
- Purchase and use of food and equipment
- Role of advertising and marketing
- Consumer issues
- Food spoilage and poisoning - What it is? How to prevent it.

## How much practical?

We do not do practicals every week, however, whenever we can we try and carry out practical related activities to illustrate a topic. Pupils will be expected to provide ingredients, however on many occasions school will provide ingredients for pupils. A lot of tasting of products is involved so an adventurous palate is essential.

The coursework element involves the preparation and cooking of several dishes which are assessed internally then moderated (by use of photos) externally.

## But what if I am vegetarian?

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

