

# FOOD TECHNOLOGY



## Home Cooking



### Pathway: A

## Qualification: GCSE Food Preparation and Nutrition

### Course outline:

By studying food preparation and nutrition learners will:

- Be able to demonstrate effective and safe cooking skills by planning, preparing and cooking a variety of food commodities whilst using different cooking techniques and equipment.
- Develop knowledge and understanding of the functional properties and chemical characteristics of food as well as a sound knowledge of the nutritional content of food and drinks.
- Understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health □ understand the economic, environmental, ethical and socio-cultural influences on food availability, production processes, diet and health choices.
- Demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food.
- understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international) to inspire new ideas or modify existing recipes.

**Unit 1: Food Preparation and Nutrition in Action Non-examination assessment: internally assessed, externally moderated Assessment 1: 8 hours Assessment 2: 12 hours 50% of qualification**

**Assessment 1:** The Food Investigation Assessment A scientific food investigation which will assess the learner's knowledge, skills and understanding in relation to scientific principles underlying the preparation and cooking of food.

**Assessment 2:** The Food Preparation Assessment Prepare, cook and present a menu which assesses the learner's knowledge, skills and understanding in relation to the planning, preparation, cooking and presentation of food.

**Unit 2: Principles of Food Preparation and Nutrition Written examination: 1 hour 45 minutes 50% of qualification**

This component will consist of two sections both containing compulsory questions and will assess the six areas of content as listed in the specified GCSE content.

Section A: questions based on stimulus material. Section B: structured, short and extended response questions to assess content related to food preparation and nutrition.

# FOOD TECHNOLOGY



## *Home Cooking*



### **Pathway: B**

### **Qualification: BTEC Home Cooking Level 2**

#### **Course outline:**

Together with Edexcel, Jamie Oliver has put together the Home Cooking Skills Level 2 qualifications. The course will help students develop the knowledge and essential skills required to cook simple, nutritious and affordable food at home.

This course aims to give learners the knowledge, skills and confidence to enjoy cooking meals at home. It is based on the Chef Jamie Oliver's proposition that being able to cook is an essential life skill which empowers people to make changes that have benefits to health and wellbeing.

Students will develop their cooking skills by exploring recipes for nutritious meals – breakfast, lunches, dinners, salads, bread based dishes, pasta, rice, puddings, cakes, meat and fish dishes. Each recipe is underpinned with knowledge about planning and sourcing food, hygiene and food safety. The importance of food preparation, cooking and the attractive presentation of food and how this contributes to its enjoyment is emphasised throughout the course.

#### **Assessment:**

The course is internally assessed. Students will have a final practical exam. To achieve a Level 2 students will demonstrate their skills by preparing a healthy two course meal.

# FOOD TECHNOLOGY

## *Home Cooking*



### **Pathway: C**

### **Qualification: BTEC Home Cooking Level 1**

#### **Course outline:**

Together with Edexcel, Jamie Oliver has put together the Home Cooking Skills Level 1 qualifications. The course will help students develop the knowledge and essential skills required to cook simple, nutritious and affordable food at home.

This course aims to give learners the knowledge, skills and confidence to enjoy cooking meals at home. It is based on the Chef Jamie Oliver's proposition that being able to cook is an essential life skill which empowers people to make changes that have benefits to health and wellbeing.

Students will develop their cooking skills by exploring recipes for nutritious meals – breakfast, lunches, dinners, salads, bread based dishes, pasta, rice, puddings, cakes, meat and fish dishes. Each recipe is underpinned with knowledge about planning and sourcing food, hygiene and food safety. The importance of food preparation, cooking and the attractive presentation of food and how this contributes to its enjoyment is emphasised throughout the course.

#### **Assessment:**

The course is internally assessed. Students will have a final practical exam. To achieve a Level 1, students will demonstrate their skills by preparing a dish or healthy snack using fresh ingredients.