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Food Nutrition and Preparation GCSE What is it all about?





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A course from the AQA exam board that covers five main areas

Food, nutrition and health
Food science
Food safety
Food choice
Food provenance

You will learn to prepare and cook a range of dishes that develop your skills in the five areas. You will develop knowledge of the theory behind food preparation and nutrition, carry out investigations into the scientific principles that underpin the preparation and cooking of food and plan, prepare and cook 3 course menus.



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Why study Food Preparation and Nutrition?

This new GCSE Food Preparation and Nutrition is an exciting and creative course which focuses on practical cooking skills. You will develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials.

It leads to a wide range of courses at college or university including food science, food with nutrition, nutrition, food technology management, specialist courses in butchery and bakery. And a wide range of careers including food scientist, microbiologist, hospitality and catering, baking, product developer, food technologist.



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Who will teach you?

Mrs Page

Mrs Page works within the Design Technology department. She has taught GCSE and A-Level Food Technology for 10 years

She has an excellent track record getting students fantastic results using her industry experience to create and deliver engaging lessons.

Before teaching Mrs Page worked as a development technologist developing new products for McDonalds. She has also worked in the development team for Jordans, Dorset and Ryvita.



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Practical information

Qualification type: GCSE

Exam board: AQA

Exams: 1, 1hour 45minutes. 50% of the qualification.

Coursework: Yes. 50% of the qualification.

[Link to specification](#)

Content on GCSE POD