



Exam board: Eduqas	Course Code: 3560
Outline of course: <p>The WJEC Eduqas GCSE in Food and Nutrition equips learners with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. It encourages learners to cook and enables them to make informed decisions about food and nutrition and allows them to acquire knowledge in order to be able to feed themselves and others affordably and nutritiously, now and later in life.</p> <p>This course will give you the skills to confidently and successfully design and make a range of culinary meals and execute them. It will enable you to develop a clear understanding of the relationship between food and your body and if you have an interest in sports or medical/science careers this will help you understand how food relates to fitness and health.</p> <p>This course will allow you to explore a variety of cuisines from around the world and develop an understanding of how the economy, environmental, ethical and social-cultural impacts have been influenced by food. It is the perfect GCSE for any foodie with a real passion for the kitchen.</p>	
Assessment: <p>NEA 60% – 2 Assessments Exam 40%</p>	
Choose this subject if... <p>You would like to:</p> <ul style="list-style-type: none">- 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 Welsh, British and international) to inspire new ideas or modify existing recipes. <p>You want to pursue a career in catering, sports, travel and tourism or hospitality.</p>	
Who to contact for more information: Ms McKenzie	