

KS4: Food Preparation & Nutrition Learning Journey – GCSE



You will have developed robust knowledge and understanding of the six key areas of Food Preparation and Nutrition:

1. Nutrition, Food and Health
2. Food Safety
3. Food Choice
4. Food Provenance
5. Food Science

In Y11, students will have demonstrated application of knowledge and skill in responding to a specific food science scenario and a given nutritional based task as part of their NEA.

Making skills will be more developed and advanced with you showing independent practical skill. You will be able to respond to and apply knowledge to a variety of situations including practical products.



KS5
University & Careers

11

10

KS4

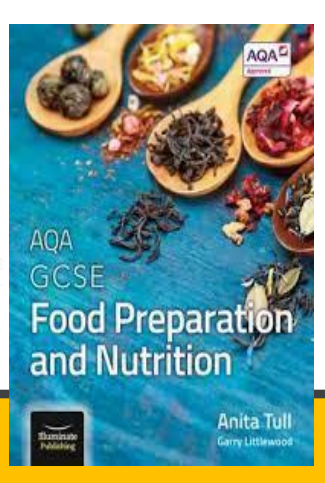
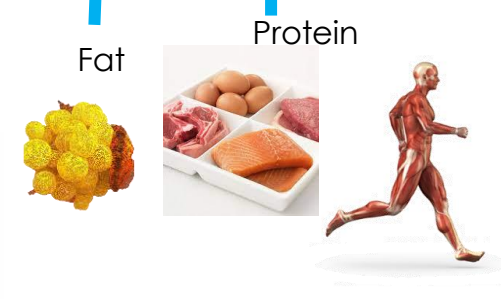
ADEK

Fat Soluble Vitamins A,D,E and K

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal



"GCSE Food Preparation and Nutrition is an exciting and creative course which focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials. At its heart, this qualification focuses on nurturing students' practical cookery skills to give them a strong understanding of nutrition."