

AN EXCITING INTERACTIVE COURSE!



HOW WILL FOOD HELP ME?



- Develop investigative and analytical skills
- Support and increase scientific knowledge
- Learn skills for life
- Understand the importance of maintaining a healthy lifestyle
- The practical elements can counteract the affects of GCSE pressure and promote mental well-being

WHY IS FOOD PREPARATION & NUTRITION IMPORTANT?



Food is a vital part of life and careers surrounding creating a healthy lifestyle are booming

Globally there are many issues surrounding food, through either lack or excess of it



Understanding the science behind food, in order to make our lives longer and healthier, is essential.



FOOD FOR THE FUTURE

– CAREER OPPORTUNITIES

Bioengineer

Innovation manager for foods

Dietician

Flavour research scientist

Food product developer

Nutritionist

Sensory Scientist

Toxicology Reporter

Food software developer

Food microbiologist

Food marketing manager

Chocolate taster

Bioanalytical Specialist

Events coordinator

Data scientist

Professor/Lecturer

Hygiene manager

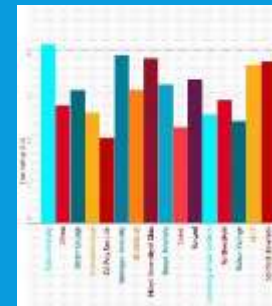
Sustainable food consultant

+ Many more

WHAT YOU WILL LEARN



- **The theory of food** – nutritional analysis, dietary requirements and menu planning
- **Practical skills** - making and presenting a wide range of meals and dishes.
- **Investigative techniques** – through a range of scientific experiments on the properties of foods and ingredients



WHAT YOU WILL MAKE - TO NAME JUST A FEW!

PROFITEROLES

CALZONE

SHOW STOPPING GATEAU'S

TARTE TATIN

SWISS ROLLS

SWEET PUFF PASTRY TARTS

SAVOURY PIES

PASTA MAKING

MACARONI CHEESE

SUGAR WORK

MERINGUE NESTS



SKILLS YOU WILL LEARN

1. Knife skills
2. Prepare fruits and vegetables
3. Prepare combine and shape meat, fish and alternatives
4. Tenderise and marinate
5. Select and adjust a cooking process
6. Weigh and measure
7. Preparation of ingredients and equipment
8. Use of equipment
9. Water-based methods that use the hob
10. Dry heat and fat-based methods that use the hob
11. Using the grill
12. Using the oven
13. Make sauces
14. Set a mixture - removal of heat (gelation)
15. Set a mixture - heating (coagulation)
16. Use of raising agents
17. Make a dough
18. Shaping and finishing a dough
19. Test for doneness
20. Judge and manipulate sensory properties



COURSE OUTLINE

Year 9

Food safety / Food choice / Food provenance

Year 10

Food science / Food nutrition and health

Year 11

Non-exam assessment 1

Non-exam assessment 2

Revision

SKILLS NEEDED

A creative imagination

High quality presentation skills

Be able to find solutions to problems

An inquisitive mind to research information

Critical evaluation of all aspects of your work

A mature approach within a practical environment



YOUR OPTIONS BOOKLET

IMPORTANT INFORMATION

If you want to opt for Food Preparation & Nutrition please select this as your first choice on your options sheet.

We look forward to you joining us in September 😊