

Year 9 and 10. Subject: Food Preparation and Nutrition

Subject Lead contact information

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Examination Board

Eduqas

Specification Code

601/8093/6

Subject Content:

Food Preparation 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, 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.

Additional Equipment Needed:

Students are expected to bring their ingredients to class along with a container with a tight fitting lid. Please ensure that all containers are labelled.

Assessment Details:

To be successful students will need to be able to:

- Carryout practical work with high regard for health and safety
- Show a good understanding of nutrition and the way different nutrients function in the body
- Be prepared for classes with all ingredients
- Cook, evaluate and adapt recipes accordingly.

What can I do to support my child at home?

Please ensure that students bring ingredients in to school so that they can develop their skills and knowledge as much as possible. Discuss with your child where food comes from (some students cannot think beyond the supermarket). Encourage them to try new ingredients and to join in the food preparation at home.

Recommended resources for the course:

Websites:

www.bbcgoodfood.com

Books:

Eduqas GCSE Food Preparation and Nutrition: Revision Guide

Eduqas GCSE Food Preparation and Nutrition: Student Book

Teaching Staff Contact Details

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Additional Information: