



Department
for Education

Food preparation and nutrition

GCSE subject content

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The content for food preparation and nutrition GCSE

Introduction

1. The GCSE subject content sets out the knowledge, understanding and skills common to all GCSE specifications in food preparation and nutrition to ensure progression from key stage 3 national curriculum requirements and the possibility of development to further study. It provides the framework within which awarding organisations create the detail of the subject specification. GCSE specifications in food preparation and nutrition must reflect the subject aims and learning outcomes.

Aims and learning outcomes

2. GCSE specifications in food preparation and nutrition must equip students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. They should encourage students to cook and enable them to make informed decisions about a wide range of further learning opportunities and career pathways as well as develop vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life.

3. In studying food preparation and nutrition, students must:

- Demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment
- develop knowledge and understanding of the functional properties and chemical processes as well as 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, and 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 British and international), to inspire new ideas or modify existing recipes