Food and Nutrition

## Class of 2018

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| Exam board information:WJEC GCSE Food and Nutrition (Wales) 601 |

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| Course content:Topics covered include:1. Food commodities
2. Principles of nutrition
3. Diet and good health
4. The science of food
5. Where food comes from
6. Cooking and food preparation
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| Skills that will be developed:Nutrition, diet and healthy eating. Practical food skills. Food science. Knowledge and understanding of the 6 areas of the course content above. Evaluating and sensory analysis of food products made. Nutritionally analysing products using the Nutrition Program. The course will develop practical skills and knowledge and understanding of healthy eating which are essential life skills. |

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| How the course will be assessed:40% written examination 1 hour and 30 minutes60% controlled assessment: Assessment 1: 10 hours - The Food Investigation Assessment. Assessment 2: 15 hours - The Food Preparation Assessment. |

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| To be successful:Organisation and time management. An appreciation of food and an interest in food preparation and cooking of food. An interest in current dietary issues. |

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| Onward pathways:A level Food Technology course. Further hotel, catering and restaurant management. Pathway to Sports Science, dietician courses, Social Work, Nursing etc. Teaching Food Technology in Primary and Secondary schools.Food industry eg product development. |

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| Further information:Mrs Freegard, Mrs Turner and Mrs Merrick |