

Food and Nutrition

The course is jam packed with plenty of stimulating and engaging practical and theoretical tasks. It provides endless opportunities to explore the art and science of preparing, cooking, baking, manufacturing and preserving food, and much more!

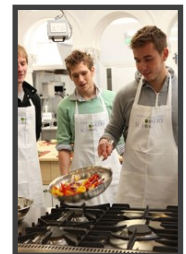


You will receive 6 lessons a fortnight, at least 4 of which will be 'practical' and 2 theory. It is important to take the financial aspect of this course into consideration as the 'practical' sessions are frequent and independence is needed in sourcing your ingredients.

To enhance pupils learning there will be a number of off site visits planned to explore and learn the given syllabus effectively and in an interactive manner. These may include: food packaging factories, Teifi Cheese, chocolate factory, supermarket bakeries etc.

Assessment

- 60% Controlled Assessment - Two controlled assessments. One in Year 10, one in Year 11. Both include a practical element (cooking) and an accompanying written project.
- 40% Written Examination based on Principles of Food and Nutrition., sat in Year 11



Career Opportunities

Professional Chef/Cook, Teacher, Food buyer, Food Nutritionist, Setting up your own food business, Baker, Catering etc.



Examination Board Website - <http://www.wjec.co.uk/qualifications/food-and-nutrition/>

