

Food and Nutrition GCSE

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This, fresh and exciting course is available at [Cefn Saeson](#) . It is jammed 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, preserving and much more. You will receive 5 lessons a fortnight with at least 3 of them sessions being '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.

Year 10 – Throughout the year you will be building up skills and information (both theoretical and practical), in order for you to complete the first controlled assessment (20%). An internal written paper in the Summer term to assess progress.

Year 11– Complete research, design and making of final controlled assessment (40%). Mock examination written paper. Completion of external examination (40%), set by the WJEC.

Exam

The examination content is as follows:

60% Controlled Assessment- Two separate controlled assessment pieces. One will be completed in year 10 and another in year 11. All include a practical element (cooking) and an accompanying written project.

40% Written Examination- Based on Principles of Food and Nutrition.

Examination to be sat in Summer term of year 11.

Details at a Glance

Qualification

GCSE

Level

2

Exam Board

WJEC

Tiered

No

Limited Group size

Yes





Staff

The Food and Nutrition course is delivered by Mrs Forshaw or Miss Owen.

Careers

Career Opportunities:

- Professional Chef/Cook
- Teacher
- Food buyer
- Food Nutritionist
- Setting up your own food business
- Baker
- Catering
- Armed forces
- Blogger
- Food stylist
- Nutritionist



Pupil
views

“ I really enjoy the practical lessons in year 10, we learn to make something new every week!”

“I am so glad I took Food and Nutrition for my GCSE options, we have so much fun in the lessons and I have made lots of new friends too.”

• I have loved making bread and pasta this year, its been really interesting•

‘ I GET TO EXPLORE ALL DIFFERENT TOPICS, WHICH I DIDN'T REALISE WERE SO INTERESTING’

‘ I really look forward to Friday's in school , for my food lesson's’

Video