



Rewarding Learning

Home Economics:  
**GCSE**  
**Food and Nutrition**

STUDENT  
GUIDE



# INTRODUCTION

The GCSE Home Economics: Food and Nutrition course gives you opportunities to learn about the science behind food – the nutritional content of foods, current nutritional guidelines and catering for the differing dietary needs of the people in today’s society. You will also learn about the current government nutritional guidelines and you will be expected to plan, prepare and cook meals and dishes in accordance with these guidelines. You will consider food choice, food safety and managing resources.

In the controlled assessment element of the course, you have the opportunity to demonstrate, with confidence, the high level practical food skills you acquire during the course.

## WHY STUDY FOOD AND NUTRITION?

You will gain knowledge and understanding of:

- the food we consume – where it comes from and how it is produced;
- the foods we should eat to maintain good health;
- the differing needs of various groups of people;
- prominent health issues in today’s society;
- how to shop effectively;
- why people choose certain foods; and
- affordability when it comes to food and food choice.

You will also develop practical food preparation, cooking and presentation skills.



# WHAT WILL I STUDY?

| COMPONENT  | AREAS OF STUDY   |
|--|--|
| <b>Component 1:</b><br><b>Food and Nutrition</b>           | <p>You will study:</p> <ul style="list-style-type: none"> <li>• food provenance;</li> <li>• food processing and production;</li> <li>• food and nutrition for good health;</li> <li>• energy and nutrients;</li> <li>• macronutrients;</li> <li>• micronutrients;</li> <li>• fibre;</li> <li>• water;</li> <li>• nutritional and dietary needs;</li> <li>• priority health issues;</li> <li>• being an effective consumer when shopping for food;</li> <li>• factors affecting food choice;</li> <li>• food safety;</li> <li>• resource management; and</li> <li>• food preparation, cooking and presentation skills.</li> </ul> |
| <b>Component 2:</b><br><b>Practical Food and Nutrition</b> | <p>You will research a given task title.</p> <p>You will then:</p> <ul style="list-style-type: none"> <li>• justify a choice of dishes;</li> <li>• plan your practical;</li> <li>• carry out your practical; and</li> <li>• evaluate all parts of the task.</li> </ul> <p>You will complete the written report according to the guidance materials and adhere to word counts.</p>  |



Component 1  
**Food and  
 Nutrition**

50%



Component 2  
**Practical Food  
 and Nutrition**

50%

## HOW WILL I BE ASSESSED?

| COMPONENT  | ASSESSMENT DESCRIPTION   | WEIGHTING  |
|--|--|------------|
| <b>Component 1:<br/>Food and Nutrition</b>           | <b>Examination</b><br><br>2 hours<br><br>We set and mark the paper.<br><br>120 marks<br><br>The paper will include multiple-choice, short and structured questions, and questions that require extended writing.                       | <b>50%</b> |
| <b>Component 2:<br/>Practical Food and Nutrition</b> | <b>Controlled Assessment</b><br><br>120 marks<br><br>You will complete a task based on a given title. You will carry out a practical activity and produce a written report.<br><br>Teachers mark the task and we moderate the results. | <b>50%</b> |

# WHAT CROSS-CURRICULAR SKILLS, THINKING SKILLS AND PERSONAL CAPABILITIES WILL I DEVELOP?



## CROSS-CURRICULAR SKILLS AT KEY STAGE 4 COMMUNICATION, USING MATHEMATICS AND USING ICT

You will have opportunities to develop these skills in a variety of ways, for example:

- gathering the viewpoints of others for analysis in the assessment task;
- discussing a range of strategies to avoid food waste; and
- planning, modifying and making meals for different groups of people with specific nutritional and dietary needs.

## THINKING SKILLS AND PERSONAL CAPABILITIES AT KEY STAGE 4 SELF-MANAGEMENT, WORKING WITH OTHERS AND PROBLEM SOLVING

You will be encouraged to, for example:

- produce time plans and manage your time when carrying out practical food activities;
- evaluate your performance in practical activities to develop technical food preparation skills;
- work with a partner to prepare and creatively present finished dishes and meals; and
- discuss the factors affecting individual food choice and discuss how to use government dietary guidelines to achieve a balanced diet.

# WHAT CAN I DO WITH A QUALIFICATION IN FOOD AND NUTRITION?

The course helps to prepare young people for adult life and independent living and also provides an excellent foundation for young people who wish to work in food-related industries and/or undertake further study in this area, for example progressing to our GCE Nutrition and Food Science or other related courses.



