

# Food and Nutrition

## Course Outline

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Studying a course in Food and Nutrition will help students to understand human food needs for people of all ages in different situations. Students learn about the science and technological improvements in food preparation and develop a wide range of skills, such as analysing, evaluating and problem solving which will help and support studies in other subjects.

## What will I study?

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To use equipment safely and to make a wide range of enjoyable food dishes for children, teenagers, adults, sports groups, the elderly and people with special dietary needs; e.g. vegetarians and people with allergies.

Develop recipes by adapting ingredients to personal and family tastes.

Learn how foods perform and change when they are prepared, cooked or stored.

Learn how to preserve food and keep it safe and why food additives are used.

The need for packaging and detailed labelling on commercially produced food products.

There are 4 lessons a fortnight, **1-2 lesson every fortnight** will involve cooking, for which students **must provide their own ingredients**. The remaining lessons will vary, but will include demonstrations, practical food experiments and theory lessons involving research and writing, sometimes involving ICT.

The course is split 40% Examination and 60% Coursework (two assessments)

