



The Farm Cookery School

GCSE



FOOD PREPARATION & NUTRITION

We are now able to offer the tutoring element of an OCR GCSE in Food Preparation and Nutrition here at The Farm Cookery School.

COST: £450

OVERVIEW:

The OCR GCSE in Food Preparation and Nutrition equips students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating.

It will encourage students to make the connections between theory & practice, so that they are able to prepare and cook a wide range of foods.

Coupling the Food & Nutrition elements of this GCSE with The Farm Cookery Schools holistic approach to food learning, we aim to build our students confidence, enabling them to make safe, healthy and affordable choices now & in later life.

COURSE CONTENT:

The content is designed to meet the subject specifications common to all GCSE Food Preparation and Nutrition courses & the Key Stage 3 National Curriculum requirements. It also meets the framework required to allow students the option to progress their studies on a path to careers in the food & hospitality industries.

The course will cover a number of different topics which can be broadly condensed into the following modules:



NUTRITION

Understanding the relationship between diet, nutrition & health and the need to modify recipes to meet the dietary requirements of different groups of people.



FOOD (FOOD PROVENANCE & FOOD CHOICE)

Understand & explore a broad range of ingredients, their functional properties, provenance, as well as impacts of chemical processing & production.



COOKING & FOOD PREPARATION

Understanding both the Safety & the scientific principles underlying the preparation & cooking of food.



SKILLS (PREPARATION & COOKING TECHNIQUES)

Demonstrating effective & safe cookery skills, methods and use of appropriate equipment.

HOW IT WORKS:

This is an annual programme which runs from September till May & is delivered by The Farm Cookery School.

The GCSE qualification is comprised of Non-Examined Assessments (NEA), a Food Preparation Task & culminates in an Exam Assessment, booked directly through our partners at [Tutor & Exam](#).

TUITION:

The course will be delivered through a mix of 30 online distance-learning sessions, backed up with a bank of video tutorials & briefs & three in-house practical cookery sessions at The Farm Cookery School in Wiltshire.

Each online session will be broken down to cover:

- ✓ Elements of food and nutrition theory.
- ✓ Learning key skills/techniques.
- ✓ A practical food preparation task.

In addition, students can expect to receive accompanying home learning & research tasks, to be submitted to The Farm Cookery School for marking as part of the NEA. These will then be submitted to our partners [Tutor & Exam](#) for moderation.

DATES:

The 30 online sessions will be held on a weekly basis:

- 📍 Tuesday mornings from 9am – 10am (Term-Time only).

The 3 in-house practical sessions to take place at The Farm Cookery School in Wiltshire on the following dates:

- 📍 Thursday 3rd November 2022 (10.30am – 2.30pm)
Food Preparation Task Exploration.
- 📍 Thursday 2nd February (10.30am – 2.30pm)
Food Preparation Task Practice.
- 📍 Thursday 27th April (9am – 4pm)
Food Preparation Task Assessment.