



# The Farm Cookery School

GCSE



## FOOD PREPARATION & NUTRITION COURSE CONTENT GUIDE

### WHAT DOES THE COURSE COVER?

This GCSE course will equip you with the knowledge, understanding and skills that you need to be able to cook, as well as apply the principles of food science, nutrition and healthy eating. You will also study the challenges that we face globally to supply the world with nutritious and safe food.

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

- ✓ **SECTION A: NUTRITION**
- ✓ **SECTION B: FOOD (FOOD PROVENANCE & FOOD CHOICE)**
- ✓ **SECTION C: COOKING & FOOD PREPARATION**
- ✓ **SECTION D: SKILL REQUIREMENTS (PRESENTATION & COOKING SKILLS)**

### MODULE 1 : NUTRITION

#### Section 1 - The Relationship between Diet & Health

We look at why healthy eating is so important and how we can achieve a balanced diet as well as the major diet-related health issues.

#### Section 2 - Nutritional and Dietary Needs of Different Groups of People

We will explore the dietary needs for different stages of life as well as food allergies and intolerances. We also introduce Dietary Reference Values (DRVs) & Nutrients.

#### Section 3 - Nutritional Needs when selecting Recipes for Different Groups of People

We will look at how we can modify recipes and why we would want to modify them.

#### Section 4 - Energy Balance

This section explains the relationship between food intake and physical activity. We learn about Basal Metabolic Rate (BMR), Physical Activity Level (PALs) and how to calculate energy.

#### Sections 5-9 - Macro & Micro Nutrients

Macro Nutrients (Protein, Fat and Carbohydrates) are explored in individual sections and then we move on to Micronutrients (Vitamins & Minerals).

### Section 10 - Water

Water is essential for our bodies and here we look at it's role and the effect dehydration has on our body.

### Section 11 - Nutrients in Foods

Now we understand the Macro and Micro Nutrients we look at where they can be found in all of the major food groups described in The Eatwell Guide.

## MODULE 2: FOOD (FOOD PROVENANCE & FOOD CHOICE)

### Section 1 - Food Source & Supply

We look at where Cereals, Sugars, Fruits, Vegetables, Meat, Poultry & Fish come from and the issues surrounding their supply. We also explore the advantages of locally produced & seasonal foods.

### Section 2 - Food Processing and Production

We will explore what happens during Primary and Secondary food processing & the types of Preservation methods used commercially & at home. We will also discuss the benefits & disadvantages of different types of food production.

### Section 3 - Food Security

We look at food availability and accessibility as well as the moral, ethical and environmental issues that affect food production.

### Section 4 - Technological Developments to Support Better Health & Food Production

Fortification and Additives are two of the major technological developments that we will explore as well as new and emerging functional foods such as probiotics.

### Section 5 - Development of Culinary Traditions

Why do people from different countries and cultures eat a certain way? This is a fascinating topic to explore and a great chance to sample some International food.

### Section 6 - Factors Influencing Food Choice

There are more factors influencing your food choice than you might realise and firstly we look at personal, social and economic factors. We will then move onto Religious and Cultural beliefs as well as Ethical and Moral beliefs.

## MODULE 3: COOKING & FOOD PREPARATION

### Section 1 - Food Science

We look at the science behind our cooking and preparation methods - why do we prepare and cook food, how do we cook food and what happens when we have cooked or prepared food.

### Section 2 - Sensory Properties

This section includes setting up a tasting panel and exploring different food-tasting methods such as the Triangle test, Rating & Ranking tests and Food Profiling.

## Section 3 - Food Safety

How to ensure the food we serve is safe is an extremely important section and here we will learn all about the signs of food spoilage and how to safely prepare and cook food.

## MODULE 4: SKILLS (PREPARATION & COOKING TECHNIQUES)

Below is a summary of the type of skills you will learn:

### Knife Skills

You will learn which knives to use for different techniques and how to use them. You will be proficient in the Claw & Bridge and learn how to portion and fillet chicken and fish.

### Preparation Techniques

Tenderising, Marinating, Mixing, Cutting, Forming and Shaping are all included in this section as well as the need for food hygiene and how to practically apply it.

### Cooking Methods

You will practice both moist and dry methods of cooking for example Boiling, Poaching, Baking, Roasting, Grilling, Braising and also Microwave Use, as this is a completely different type of cooking.

### Sauces

Mastering sauces is such an important part of cooking and one that many people are unsure of. You will learn different sauce making methods such as a Roux-based sauce, a Blended sauce, an All-in-One sauce, Bechamel sauce, Infused sauces and Velouté. We will also explore Reduction methods and Emulsions, of which there are many varieties.

### Set a Mixture

The 2 main ways to set a mixture are to use Starch or Eggs, you will learn how to use both in a variety of ways. We will also look at the science behind the process as it ties in with our Food Science Section.

### Raising Agents

Baking is all about being precise and raising agents will only work if used in the correct proportions. We learn about Eggs, Steam and Chemical Raising Agents in our Recipes.

### Dough

Bread, Pastry, Biscuits and Pasta are all included and you will also learn a variety of methods to finish and glaze your creations.

### Judge & Manipulate Sensory Properties

We all judge food naturally, we look, smell and taste it. You will learn the importance of tasting your food as you go. We will explore how to change the taste and texture via seasoning enrobing, glazing, decorating, garnishing, icing and various cooking methods.