



# The Farm Cookery School

GCSE

FOOD PREPARATION & NUTRITION

## FREQUENTLY ASKED QUESTIONS



Thank you for signing up for our 2023/24 course.

This document is a selection of the most frequently asked questions by this year's students. That's not to say that you won't have further queries, but I hope that this goes some way towards giving you some ideas of how this course will be run.

Gretchen Winter  
Course Tutor & Owner of The Farm Cookery School

- ✓ HOW MANY HOURS A WEEK WILL I NEED?
- ✓ DO I NEED TO BUY A SPECIAL TEXTBOOK?
- ✓ WHAT KITCHEN EQUIPMENT WILL I NEED?
- ✓ HOW WILL YOU BE TEACHING ME?
- ✓ WHAT WILL I BE COOKING?
- ✓ HOW IS THE COURSE ASSESSED?
- ✓ WHAT IS THE FOOD INVESTIGATION TASK?
- ✓ WHAT WILL I HAVE TO DO FOR THE FOOD PRESENTATION ASSESSMENT?

### HOW MANY HOURS A WEEK WILL I NEED?

That really depends on you. I would recommend that in addition to our weekly session, you would need three hours a week to complete your practical & theory coursework, but if you want to do more it is up to you.

### DO I NEED TO BUY A SPECIAL TEXTBOOK?

We do recommend buying the OCR GCSE Food Preparation & Nutrition Textbook to help support your learning, but all the information needed will be available to you via Google Classrooms in our own format.

This book is endorsed by OCR & published by Hodder Education (ISBN: 978 1471 86749 1).

## WHAT KITCHEN EQUIPMENT WILL I NEED?

Here is a list of kitchen equipment we would advise you have available, but we can find alternatives if we need to!

- Knives
- Stick Blender
- Cup Cake Trays
- Baking Trays
- Microwave
- Weighing Scales
- Sauce Pans
- Frying Pans
- Electric Whisk
- Fish Slice
- Tongs
- Potato Peeler
- Icing Bag and Nozzle
- Slow Cooker
- Baking Dish
- Rolling Pin
- Deep Roasting Tray
- Measuring Spoons

## HOW WILL YOU BE TEACHING ME?

All lesson material, coursework, assessment guidance & notes will be made available to you via Google Classroom.

There will be a weekly online lesson (Term-Time only), which you will be able to access via a link on Google Classroom. Depending on our schedules, we may go slightly over the scheduled hour for some sessions, but this will be discussed when the occasion arises.

We will go through a variety of topics and these will be backed up with Notes, Quizzes and some Video Content. This means that you can listen, learn and contribute in each online session, without the need to take lots of your own notes. You do not need to be sitting at a desk, all I ask is that you are online and ready to participate at least 10 minutes before the start of the class.

In addition, there will be coursework set every week, which may include both practical & theory elements. This should be completed & returned by the pre-agreed deadline.

## WHAT WILL I BE COOKING?

This is a selection of some of the types of recipes you can expect to cook on our GCSE Course:

- Stirfry
- Quartet of Cupcakes
- Chapattis
- Toad in the Hole
- Quiche
- Chicken Parmigiana with Tomato Sauce
- Bread Rolls
- Vegetable Sides
- Salads
- Lasagne
- Chicken Enchiladas
- Homemade Tortillas
- Soup
- Guacamole
- Salsa
- Pizza
- Sausage Rolls
- Palmiers
- Churros
- Swiss Roll
- Curry
- Beef or Bean Burger
- Mayonnaise
- Beef Stew
- Victoria Sponge Cake
- Garnishes

## HOW IS THE COURSE ASSESSED?

There are three elements to the Course as far as OCR are concerned:

- ✓ An Exam
- ✓ A Food Investigation Task
- ✓ A Food Preparation Task

### The Exam

The written Food Preparation and Nutrition Exam, will be held at a Tutors and Exams Assessment Centre in June 2024. The administration & payment of the exam needs to be arranged with Tutors and Exams directly. It can be booked on their website ([www.tutorsandexams.uk](http://www.tutorsandexams.uk)) by following their instructions below:

1. When booking the exam, students need to click 'yes' in the field to indicate they are **Registered with a Learning Partner**. Learning Partners are listed in alphabetical order and students should select 'The Farm Cookery School'.
2. Students will need to add the code 'FCS2023' into the **Learning Partner Student Ref**.

The exam will last for 1 hour 30 mins and will be worth 50% of the final grade. It will cover all of the subjects that we have covered during the course and our Revision Classes allow us the opportunity to do Practice Exams & go over any areas of which you are uncertain.

## WHAT IS THE FOOD INVESTIGATION TASK?

There will be a choice of two topics for you to investigate and explore. From past exams these are all things we cover in the course. It is a case of looking into them in further detail and producing a 1500 - 2000 word written piece about what you have learnt. This will be marked out of 45 & represents 15% of the final grade.

## WHAT WILL I HAVE TO DO FOR THE FOOD PRESENTATION ASSESSMENT?

This is a practical, non-examined, assessment task. The themes for designing a 3 dish menu of your own, will be distributed in September and we will practice this in The Farm Cookery School kitchen before your final assessment. It will be marked out of 105 and represents 35% of the final grade.

## HOW TO CONTACT US

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