

FOOD PREPARATION & NUTRITION

Food Preparation & Nutrition is an exciting course that will develop your understanding of nutrition, food provenance, food science and the working characteristics of food materials.



You will learn to plan, prepare and cook a variety of dishes, using appropriate skills and techniques whilst demonstrating the highest levels of both food and personal hygiene. There will be opportunities to visit food production premises as well as visiting speakers from the dietetics and food industry sectors.

COURSE CONTENT

You will:

- Demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment.
- Develop knowledge and understanding of the functional properties and chemical processes as well as the nutritional content of food and drinks.
- Develop an understanding of the scientific principles of how the ingredients you are using work together.
- Understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health.
- Understand the economic, environmental, ethical, and socio-cultural influences on food availability, production processes, and diet and health choices.
- Demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food.
- Understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international), to inspire new ideas or modify existing recipes.

The food industry is the biggest employer in the country, leading to a variety of career opportunities such as, nutrition and dietetics, food science, food and consumer science, biotechnology, product development, food production and marketing, teaching, journalism and environmental health. The increasing demand on growers, producers and retailers to supply the world with food means there is a growing demand for professionals within this specialism. The skills you will develop and the knowledge and understanding you will gain will strengthen your prospects in other areas of the food industry too.

ASSESSMENT: AQA (8585)

The course is assessed in two ways. There is a written Examination Paper worth 50% of the grade awarded and lasts 1¾ hours and Non Examined Assessments (NEA) also worth 50% of the grade awarded.

CONTACT FOR FURTHER INFORMATION

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