

FOOD & NUTRITION

at SCGSG

Mrs J. Holden

AQA - Specification 8585

The course:

GCSE Food and Nutrition equips students with essential skills in food science, nutrition, and culinary techniques, all of which are highly transferable to a wide range of careers in the food and health industries.

Food preparation skills are integrated into five core topics: Nutrition and health, food science, food safety, food choice, food provenance.

GCSE Food and Nutrition provides valuable knowledge and skills that can lead to a variety of careers in the food industry, healthcare, and wellness sectors. The understanding of nutrition, food science, and health you gain from this course can be applied to careers that promote wellbeing, improve public health, and support medical advancements.

How will I be assessed?

1. Written examination of 1 hour 45 minutes (50%)
2. Non-Examination Assessment (NEA) (50%)

The examination and non-examination assessment (NEA) will measure how you have achieved the following assessment objectives.

- AO1: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation.
- AO2: Apply knowledge and understanding of nutrition, food, cooking and preparation.
- AO3: Plan, prepare, cook and present dishes, combining appropriate techniques.



GCSE and beyond...

After completing GCSE Food and Nutrition, students can pursue several exciting Post-16 options, including:

- **BTEC Level 3 Health and Social Care:** This vocational qualification focuses on the role of nutrition and food in the context of health and wellbeing.
- **BTEC Level 3 Hospitality and Catering:** For students who enjoy the practical aspects of food preparation, this vocational qualification offers opportunities to develop skills in food service, management, and catering operations.
- **Apprenticeships:** Apprenticeships in areas such as food production, nutrition, culinary arts, and catering provide valuable hands-on experience.
- **University Degrees:** Students can pursue degrees in Food Science, Dietetics, Nutrition, Public Health, or related fields.

Careers

GCSE Food and Nutrition provides valuable knowledge and skills that can lead to a variety of careers in the food industry, healthcare, and wellness sectors. The understanding of nutrition, food science, and health you gain from this course can be applied to careers that promote wellbeing, improve public health, and support medical advancements. Here are a few career options with a link to the medical and health fields:

- Dietitian/Nutritionist
- Public Health Nutritionist
- Food Scientist
- Health and Wellness Coach
- Food Safety Specialist
- Public Health Advocate
- Culinary Medicine Specialist
- Food Technology Developer

Whether you're interested in supporting healthy lifestyles, advancing medical care through diet, or shaping food systems globally, GCSE Food and Nutrition opens the door to meaningful and impactful careers.