



# Year 9 Pathways

The session for the following subject:

**Food Preparation and  
Nutrition**





# Food Preparation and Nutrition

# Welcome to Food Preparation and Nutrition

Questions to consider:-

1. Would you enjoy preparing, cooking and presenting a wide variety of dishes?
2. Would you like to develop a range of preparation and cooking skills?
3. Are you interested in learning how ingredients work and react on a scientific level?
4. Are you interested in conducting scientific experiments and reporting your findings?
5. Are you interested in creating a project around a life stage, dietary need or a culture? Are you willing to create a portfolio that reflects your understanding of your chosen topic?



# Course Breakdown

Subject Content:-

1. Food, Nutrition and Health
2. Food Science
3. Food Safety
4. Food Choice
5. Food Provenance

Assessments



| NEA 1- 15%   | NEA 2 -35%  | EXAMINATION- 50%                               |
|--|---|--|
| Food investigation (30 marks)<br>Written or electronic report<br>(1,500-2,000 words) | Food preparation assessment<br>(70 marks)<br><br>Written or electronic portfolio<br>(20 pages of A4 or 10 pages of<br>A3) | Written exam: 1 hour 45<br>minutes (100 marks) |

# NEA 1 Breakdown

## NEA 1- 15%

Food investigation (30 marks)

Written or electronic report  
(1,500-2,000 words)

| Section | Criteria                | Maximum marks |
|---------|-------------------------|---------------|
| A       | Research                | 6             |
| B       | Investigation           | 15            |
| C       | Analysis and evaluation | 9             |
| Total   |                         | 30            |



You will investigate the working characteristics and the functional and chemical properties of a particular ingredient through practical investigation.

You will produce a report which will include research into 'how ingredients work and why'

# NEA 2 Breakdown

## NEA 2 -35%

Food preparation assessment  
(70 marks)

Written or electronic portfolio  
(20 pages of A4 or 10 pages of  
A3)

| Section | Criteria                       | Maximum mark |
|---------|--------------------------------|--------------|
| A       | Researching the task           | 6            |
| B       | Demonstrating technical skills | 18           |
| C       | Planning for the final menu    | 8            |
| D       | Making the final dishes        | 30           |
| E       | Analyse and evaluate           | 8            |
| Total   |                                | 70           |



In this task, you will prepare, cook and present a final menu of three dishes to meet the needs of a specific context.

You must select appropriate technical skills and processes and create 3- 4 dishes to showcase your skills.

You will then produce your final menu within a single period of no more than 3 hours, planning in advance how this will be achieved.

# Examination breakdown

## EXAMINATION- 50%

Written exam: 1 hour 45 minutes (100 marks)

## Questions

Section A- Multiple choice questions (20 marks)

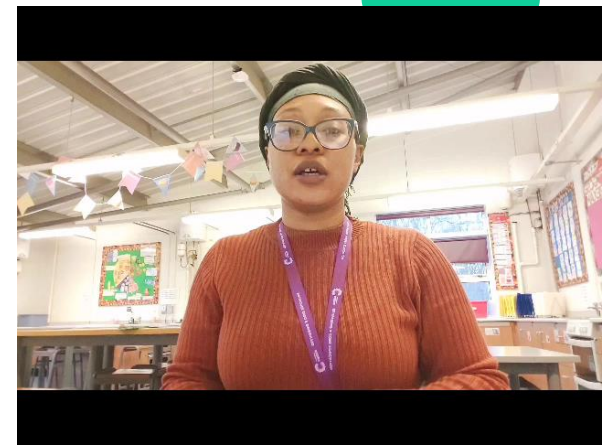
Section B- Five questions each with a number of sub questions (80 marks)



The exam paper will test your theoretical knowledge of food preparation and nutrition from Sections 1 to 5.

1. Food, Nutrition and Health
2. Food Science
3. Food Safety
4. Food Choice
5. Food Provenance

# Skills, Educational Opportunities and Career Opportunities



## Skills

Students can acquire an array of skills by studying Food Preparation and Nutrition and from selecting a career within this field.

- Technical planning
- Administration
- Business management
- Communication
- Creativity
- Customer service
- Discipline
- Interpersonal skills,
- Organisation,
- Problem solving,
- Technical ability
- Time management

## Educational Opportunities

### Apprenticeships

Chef, Bakery, Dairy, Butchery, Food Technologist, Hospitality and Catering, Food Manufacturing and processing and travel and Tourism.

### Collage/ University - (A levels/ equivalents and degrees)

- Food and Nutrition
- Food with Nutrition
- Bakery and Patisserie Technology
- Culinary Arts and Management,
- Dietetics

## Career Opportunities

- Nutritionist
- Dietitian
- Food Technologist
- Production Manager
- New Product Development Technologist
- Chef
- Artisan Baker
- Teacher
- Business owner



# Thank You

