



Food Preparation and Nutrition

"Your diet is a bank account. Good food choices are good investments."

Bethenny Frankel

Why choose Food Preparation and Nutrition?

The course has been designed to enable all pupils who study the course to learn the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating.

Skills developed

The skills and knowledge include producing and learning about a range of food and ingredients that reflect the recommended guidelines for a healthy diet based on the 5 main food groups, including:

- Bread, cereals, flour, oats, rice, potatoes and pasta
- Fruit and vegetables
- Milk, cheese and yoghurt
- Meat, fish, eggs, soya, tofu, beans, nuts and seeds
- Butter, oil, margarine, sugar and syrup

Topics covered

- Food preparation skills
- Food, nutrition and health
- Food science
- Food safety
- Food choice
- Food provenance
- Food preparation and cooking techniques

For more information

Mrs Worthington

worthingj01@carrmanor.org.uk





Year 11 VCERT Food and Cookery

*Our minds are like our stomachs; they are whetted
by the change of their food, and variety supplies both with fresh appetite.*

Marcus Fabius Quintilian

Food and Cookery skills are essential for success in a career as a professional Chef, in addition to providing transferable skills for future study and life in the wider world.

The VCERT Food and Cookery qualification delivers essential cooking and nutrition skills, providing pupils with an opportunity to progress to an exciting career as a Chef or into many other practical vocations.

The VCERT Food and Cookery qualification consists of one external examination, along with controlled assessment (coursework) and practical examinations. Pupils will achieve a pass, merit or distinction.

Skills developed

- Core food and cookery skills including time management, cooking skills and working with a range of commodities.
- Personal skills and attributes essential for maintaining a healthy lifestyle.

Topics covered

- You will study nutritional requirements and balanced diets.
- You will learn cooking skills.
- You will study food in great depth, looking at seasonality, social and environmental factors.

For more information

Mrs Worthington

worthingj01@carrmanor.org.uk

