

# Food and Cookery

## What will I learn?

“Eating is a necessity but cooking is an art” Francois La Rochefoucauld

Students will learn how to prepare themselves and environment for cooking, how to follow health and safety standards and why we meet them. They will discover how different foods function in the body and in recipes. They will learn about different types of diets, nutrition and how to assess a diet and how to modify recipes for health. Students will cook a range of different dishes to practise their preparation skills and utilise a range of cooking methods to develop their skills and evaluate their performance and cuisine. Throughout the course a variety of different tasks will be set to allow students to plan and produce dishes for a purpose. We will consider many topics such as seasonality, social factors, food costs and ethical considerations that surround the subject. We will also develop our knowledge and understanding of food science to explain why ingredients perform the way they do in recipes.

## What do I need to know before I can start the course?

Simply a basic knowledge of how to make products and the desire to learn about the nature of food. Most importantly and enjoyment of cooking and presenting food. Then of course trying it !

## What does the course involve?

Students will study the nature of food; learn how it is utilised and how it can be manipulated to create different dishes. Lessons will consist of theory, demonstration and practical lesson to develop students’ knowledge and understanding. Learners will keep a classroom book for notes and create a portfolio to display their assessed work they can take with them in the future after assessment. Learners will also progress essential skills such as planning, research skills, communication, problem-solving skills and health and safety.

The course is split into 4 units, 75% portfolio based and a written exam worth 25% which combine to create the overall grade.

## What can I do after the course? What careers will this course be useful for?

Culinary chef, Nutritionist, Recipe tester, Events organiser, Designer, Food Technology Teacher, Caterer, Nursery nurse, Cook book author, Cruise-Ship Chef, Dietitian, Food Stylist, Product Developer.

## Who can I talk to for more information?

Miss Ash or any of the Creative Arts teachers.

## What websites can I check out?

<http://www.nhs.uk/Livewell>

[www.ncfe.org.uk](http://www.ncfe.org.uk)

<https://www.bbcgoodfood.com/>