



Food Preparation and Nutrition FAQs

I'm not very good at cooking, should I consider still taking the subject?

As you have missed out on the opportunity of building up your practical skills in school because of the pandemic, please do not be put off. The most important thing is that you have a love of cooking and are eager to explore building up your practical skills.

The course involves a science coursework (food investigation task), but I find science hard, is it a good idea for me to take the course?

The course does include a science topic in Year 10 which is then studied as a NEA coursework in Year 11. The theory in Year 10 will be taught alongside practical investigations which make it much easier to understand. The science investigation is broken down into separate blocks where you will need to understand the functions, both chemical and physical properties of a range of ingredients.

What dishes do you make in year 10?

During the first term in year 10 the focus is on building up your knife skills, so this will include learning the julienne and jardiniere knife cuts, you will learn how to gut and fillet a fish as well as portioning a chicken. For the vegetable cuts you will make stir fry, for the chicken you will make kiev, sticky chicken wings and a risotto. After that you will learn how to make pastries, breads and a range of savoury dishes and desserts.

For the 3 hour practical exam do I have to do this after school?

The 3 hour exam will take place in school hours and usually covers a morning.

I am vegan, will it be possible for me to still do the different practicals?

Yes of course, the practicals can be adapted to suit all dietary needs.