

WJEC Eduqas Food Preparation and Nutrition



*Anyone can cook,
but only the fearless
can be great.*

Food and Nutrition Journey

Lessons are 6x per fortnight –
2x practical, 4x theory
Please note you will not be cooking every lesson.



Year 9

- Principles of Nutrition
- Food commodities
- The science of food

Year 10

- Diet and good health
- Where food comes from
- Faults and remedies

Year 11

- NEA 1- Experiment
- NEA 2- Practical
- Revision → Exam



Practical Lessons

1x Teacher demonstration
1x Practical lesson

Per fortnight

What skills will we be developing?

We focus on developing both foundation and complex food preparation skills including...



Making a range of doughs (pasta & pastry)



Sauce making



Preparing, shaping and combing ingredients



Methods of coagulation and gelation



Use of raising agents



Knife skills



Weighing and measuring



Tenderise and marinate



Dry based cooking methods



Water based cooking methods

Subject expectations

1. Exemplary effort, attainment and progress in subject area.
2. Willingness to show initiative, resilience.
3. Love of learning – enjoyment of the subject.
4. Ability to bring in ingredients once a fortnight for practical cooking lessons.



Career Pathway



Hospitality and catering
Hospitality management
Travel and tourism



Chef

Event planner

Dietitian

Nutritionist



Home economists in the food industry

Nutritional therapist

Food Scientist/technologist

Food and nutrition teacher





Life skills

How to...

- Prepare easy and nutritious meals
- Create unique and interesting dishes
- Work with varied equipment
- Shop sustainably
- Read and follow recipe
- Measure accurately
- Cater for a range of diets
- Adapt and change recipes
- Appreciate cultural cuisines and customs
- Adapt and respond to different outcomes
- Work within a time limit



