

Why should you pick food as an option?

Here's what some of the current pupils have said about taking Food as an option...



I enjoy cooking because you get to cook together, learning new recipes and skills which I use at home now. It gives you skills for life and you can help teach your family members –
Cerys Year 11

I like the cooking practicals because it's fun to cook –
Megan Year 10



I enjoy learning about proper teamwork with other members of the class. Food teaches you how to work together to cook. It brings people closer and the food we make is simple so no one can feel left out. No one feels like they can't do anything
– **Mischa Year 9**



I like the practical lessons as there is a different variety of food to make which require me to test and learn new techniques of cooking, it also increases my willingness to try new things –
Nia Year 10

Food is really helpful with starting to cook more complex dishes and it's really fun as a subject on the whole –
Susannah Year 11

I like the cooking practicals. There is range of different dishes to make and it will benefit me in the future. I am learning what and how to cook in my own house for meals –
Kayla Year 10



Year 8 Food options



**Level 1/2 Award in
Hospitality & Catering**

or



**GCSE Food &
Nutrition**

What's the difference between Food & Nutrition and Hospitality & Catering?

WJEC Food & Nutrition

WJEC Hospitality & Catering

GCSE award

Vocational Award

Lots of practical work

Lots of practical work

Learn about food and nutrition in your diet. You learn a wide range of food preparation skills and issues in food, like how food is grown and made.

A hands on introduction to life and work in the H&C industry. You learn a wide range of food preparation skills and

Focus on nutrition and health, food science, food choice and food provenance (where food comes from)

Focus on menu and meal planning, food presentation techniques, cooking methods, recipe development and health and safety.

Graded on the GCSE scale, A* - G

Graded on a L1 Pass – L2 Distinction scale (L2 Distinction = A grade, L2 Merit = B grade, L2 Pass = C grade)

Written exam end of Year 11 – 40%

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Two practical coursework tasks – 60% in total

One practical coursework task – 60%

Level 1/2 Award in Hospitality & Catering

- Cooking every double lesson
- 1 x theory exam in the Summer of Year 11 – 40% of your grade
- 1 x written coursework in Year 11:
 - Based on cooking dishes – 60% of your grade

Grades:

Pass level 1 = GCSE D – G

Pass level 2 = GCSE C

Merit level 2 = GCSE B

Distinction level 2 = GCSE A

Distinction * level 2 = GCSE A*

Opportunities for trips/visits:

- Visiting chefs
- Visits to hotels and other hospitality providers e.g. Principality stadium

Complete allergy training and a Level 2 health and safety certificate during the course



Level 1/2 Award in Hospitality & Catering

Timeline:



Year 9

- Basic cooking skills
- Health and safety topics
- Food presentation challenges

Year 10

- Nutrition and health topics
- Job roles in H&C topics
- Practicing cooking skills

Year 11

- Preparing for coursework
- Selecting your final dishes
- Coursework
- Final exams



Here's some examples of pupils H&C cooking exam dishes!



GCSE Food & Nutrition

- Cooking every double lesson
- 1 x theory exam in the Summer of Year 11 – 40% of your grade
- 2 x written courseworks in Year 11: 60% of your grade

– One based on a food experiments

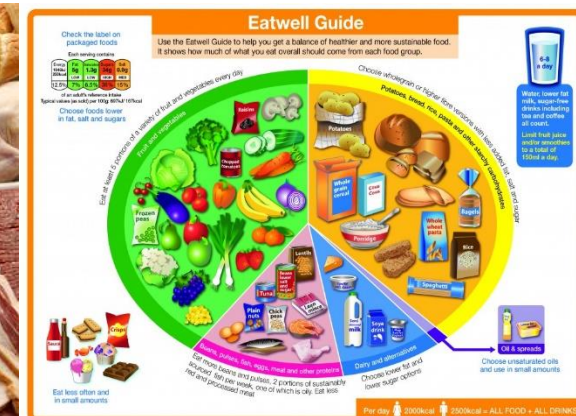
– One based on cooking dishes

- Grades: GCSE A* - G

Opportunities for trips/visits:

- Visiting chefs
- Visits to commercial food production e.g. the Warburton's factory

Complete allergy training



GCSE Food & Nutrition

Timeline:



Year 9

- Basics of nutrition and key food topics e.g. food miles
- Basic cooking skills

Year 10

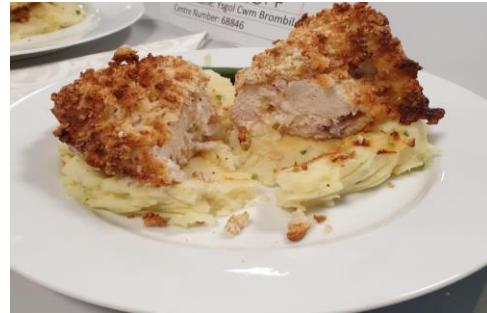
- Food groups - fruit & veg, dairy, carbs, protein, fats and oils, protein alternatives
- Cooking skills
- Practice food experiments

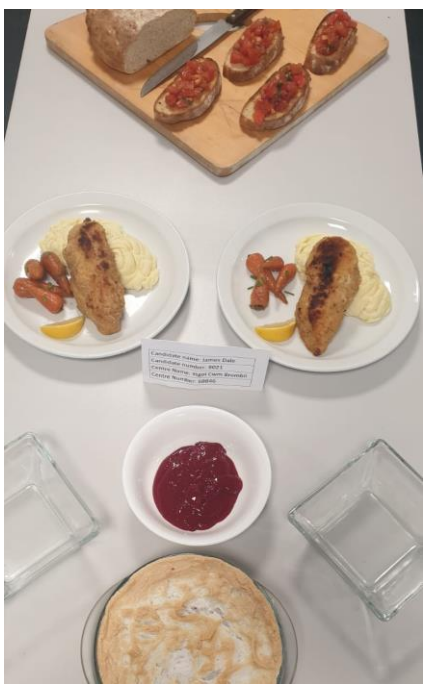
Year 11

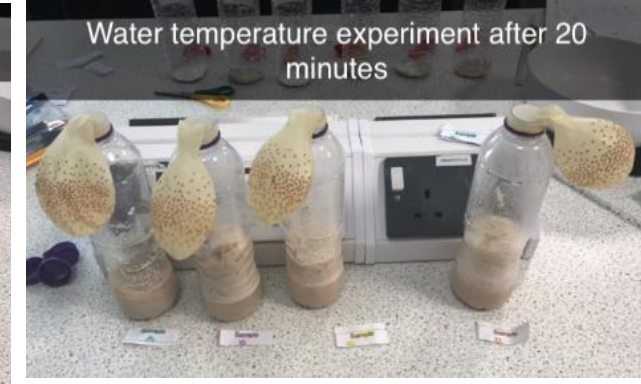
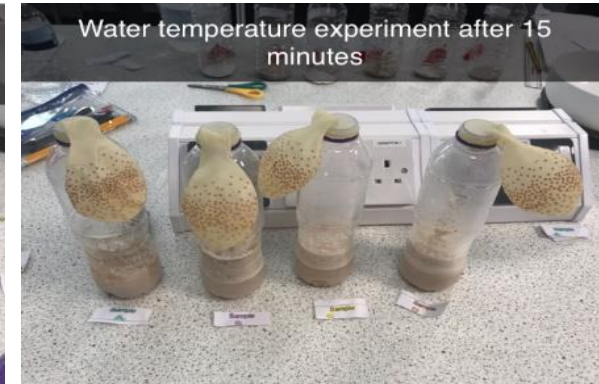
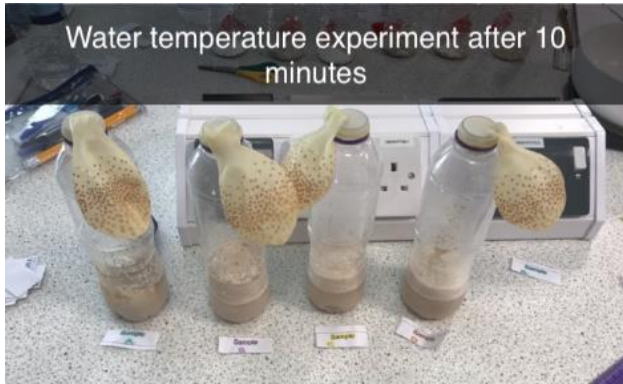
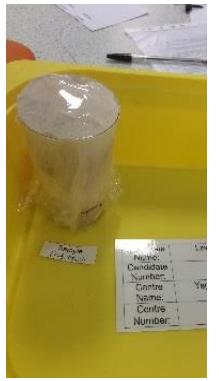
- Coursework 1 – food experiment
- Coursework 2 – cooking
- Prepare for the exam



Here's some examples of pupils F&N practical exam dishes!







Here's some examples of pupils F&N food experiments!

Any questions then please email me!

Mrs Monck

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