The 28 online sessions include one 1-1and will be held on a weekly basis with a maximum of 20 students per class.

This year we have chosen not to have classes in the weeks of the NEA2 practical assessment to give the students more time to complete their NEA2 documents

The course will start on Tuesday 9th September and finish on Tuesday 9th June and will run in term time only

Tuesday mornings from 9am – 10am (Term-Time only).

Please book and pay below on the link:

https://www.eventbrite.co.uk/e/1039851873947?aff=oddtdtcreator

There after it is half termly payments made via Xero

The 2 in-house practical sessions to take place at "Worship Worth Experiences" in Sutton Coldfield In the following months: November 25 and Feb/March 26 – dates to be confirmed:

You will have a choice of sessions either 9am – 12pm or 1.30pm – 4.30pm on a number of dates and these will be sent to you via Eventbrite for you to sign up on a first come first served basis. The Farm Cookery School

BELOW IS DETAILS OF THE COURSE:

GCSE

FOOD PREPARATION & NUTRITION

2025-2026

Are you considering doing the GCSE Food Preparation and Nutrition GCSE as a home learner?

Every Provider approaches teaching a course in their own way and I started this by thinking what

I would want to know if I was looking at doing the GCSE myself.

WHAT DOES THE COURSE COVER?

HOW IS THE COURSE ASSESSED?

WHAT IS THE FOOD INVESTIGATION TASK?

WHAT WILL I HAVE TO DO FOR THE FOOD PRESENTATION ASSESSMENT?

HOW WILL YOU BE TEACHING ME?

WHAT KITCHEN EQUIPMENT WILL I NEED?

HOW MANY HOURS A WEEK WILL IT BE?

WHAT WILL I BE COOKING?

WHAT DOES THE COURSE COVER?

This course will equip you with the knowledge, understanding and skills that you need to be able to cook, as well as apply the principles of food science, nutrition and healthy eating. You will also study the challenges that we face globally to supply the world with nutritious and safe food.

The course will cover a number of different topics which can be broadly condensed into the following modules:

MODULE 1 : NUTRITION

Section 1 - The Relationship between Diet & Health

We look at why healthy eating is so important and how we can achieve a balanced diet as well as the major diet-related health issues.

Section 2 - Nutritional and Dietary Needs of Different Groups of People

We will explore the dietary needs for different stages of life as well as food allergies and intolerances. We also introduce Dietary Reference Values (DRVs) & Nutrients.

Section 3 - Nutritional Needs when selecting Recipes for Different Groups of People

We will look at how we can modify recipes and why we would want to modify them.

Section 4 - Energy Balance

This section explains the relationship between food intake and physical activity. We learn about Basal Metabolic Rate (BMR), Physical Activity Level (PALs) and how to calculate energy.

Sections 5-9 - Macro & Micro Nutrients

Macro Nutrients (Protein, Fat and Carbohydrates) are explored in individual sections and then we move on to Micronutrients (Vitamins & Minerals).

Section 10 - Water

Water is essential for our bodies and here we look at it's role and the effect dehydration has on our body.

Section 11 - Nutrients in Foods

Now we understand the Macro and Micro Nutrients we look at where they can be found in all of the major food groups described in The Eatwell Guide.

MODULE 2: FOOD (FOOD PROVENANCE & FOOD CHOICE)

Section 1 - Food Source & Supply

We look at where Cereals, Sugars, Fruits, Vegetables, Meat, Poultry & Fish come from and the issues surrounding their supply. We also explore the advantages of locally produced & seasonal foods.

Section 2 - Food Processing and Production

We will explore what happens during Primary and Secondary food processing & the types of Preservation methods used commercially & at home. We will also discuss the benefits & disadvantages of different types of food production.

Section 3 - Food Security

We look at food availability and accessibility as well as the moral, ethical and environmental issues that affect food production.

Section 4 - Technological Developments to Support Better Health & Food Production

Fortification and Additives are two of the major technological developments that we will explore as well as new and emerging functional foods such as probiotics.

Section 5 - Development of Culinary Traditions

Why do people from different countries and cultures eat a certain way? This is a fascinating topic to explore and a great chance to sample some International food.

Section 6 - Factors Influencing Food Choice

There are more factors influencing your food choice than you might realise and firstly we look at personal, social and economic factors. We will then move onto Religious and Cultural beliefs as well as Ethical and Moral beliefs.

MODULE 3: COOKING & FOOD PREPARATION

Section 1 - Food Science

We look at the science behind our cooking and preparation methods - why do we prepare and cook food, how do we cook food and what happens when we have cooked

or prepared food.

Section 2 - Sensory Properties

This fun section includes setting up a tasting panel for a dish that you have prepared and cooked. We will also explore different food-tasting methods such as the Triangle test, Rating & Ranking tests and Food Profiling, as well as learning about the 5 senses. This is one to definitely get your family involved in!

Section 3 - Food Safety

How to ensure the food we serve is safe is an extremely important section and here we will learn all about the signs of food spoilage and how to safely prepare and cook food.

MODULE 4: SKILLS (PREPARATION & COOKING TECHNIQUES)

These skills will be learnt in the production of a variety of recipes which are detailed on the following pages. For each recipe that you prepare and cook, I will be asking you to identify which of the skills you have used from a more comprehensive list.

Below is a summary of the type of skills you will learn:

Knife Skills

You will learn which knives to use for different techniques and how to use them. You will be proficient in the Claw & Bridge and learn how to portion and fillet chicken and fish.

Preparation Techniques

Tenderising, Marinating, Mixing, Cutting, Forming and Shaping are all included in this section as well as the need for food hygiene and how to practically apply it.

Cooking Methods

You will practice both moist and dry methods of cooking for example Boiling, Poaching, Baking, Roasting, Grilling, Braising and also Microwave Use, as this is a completely different type of cooking.

Sauces

Mastering sauces is such an important part of cooking and one that many people are unsure of. You will learn different sauce making methods such as a Roux-based sauce, a Blended sauce, an All-in-One sauce, Bechamel sauce, Infused sauces and Velouté. We will also explore Reduction methods and Emulsions, of which there are many varieties.

Set a Mixture

The 2 main ways to set a mixture are to use Starch or Eggs, you will learn how to use both in a

variety of ways. We will also look at the science behind the process as it ties in with our Food Science Section.

Raising Agents

Baking is all about being precise and raising agents will only work if used in the correct proportions. We learn about Eggs, Steam and Chemical Raising Agents in our Recipes.

Dough

Bread, Pastry, Biscuits and Pasta are all included and you will also learn a variety of methods to finish and glaze your creations.

Judge & Manipulate Sensory Properties

We all judge food naturally, we look, smell and taste it. You will learn the importance of tasting your food as you go. We will explore how to change the taste and texture via seasoning enrobing, glazing, decorating, garnishing, icing and various cooking methods.

HOW WILL YOU BE TEACHING ME?

My main concern is your happiness and enjoyment of this course - & ensuring you have the learning you need to achieve this GCSE! In addition to the scheduled weekly online sessions, on a Tuesday (Term-Times), I am available on email if you have any questions or concerns about the work from 9am - 5pm Monday to Friday. Everything is taught through Google Classrooms. Depending on our schedules, we may go slightly over the scheduled hour for some sessions, but this will be discussed when the occasion arises.

You do not need to be sitting at a desk for the online sessions. All I ask is that you are fully involved and can talk, as well as listen, to the lesson content. We will go through a variety of topics each week and these will be backed up with Notes, Tables and some Video Content. This means that you can listen, learn and contribute in each online session.

There will be a variety of Homework set each week some of which will include a Practical Recipe Element, which I expect to be photographed & tasted by the people closest to you.

We will work together to ensure that you are confident in your knowledge of all the topics covered in this course. It is a fascinating and fun course and best of all includes a lot of cooking!

HOW MANY HOURS A WEEK WILL IT BE?

That really depends on you. I would recommend that in addition to our weekly session, you would need three hours a week to complete your Investigative Homework and Practical Recipe

Challenge, but if you want to do more it is up to you.

HOW IS THE COURSE ASSESSED?

There are three parts to the Course as far as OCR are concerned:

An Exam

A Food Investigation Task

A Food Preparation Task

Exam

The Food Preparation and Nutrition Exam, will be held at a Tutors and Exams Assessment

Centre in June 2026. It can be booked on their site by following their instructions below:

1.

2.

When booking the exam, students need to click 'yes' in the field to indicate they are Registered with a Learning Partner. Learning Partners are listed in alphabetical order and students should select 'Worship Worth Experiences"

Students will need to add the code 'WWE2022' into the Learning Partner Student Ref.

The exam will last for 1 hour 30 mins and will be worth 50% of the final grade. It will cover all of

the subjects that we have covered during the course and our Revision Classes allow us the

opportunity to do Practice Exams & go over any areas of which you are uncertain.

Food Investigation Task

There will be a choice of two topics for you to investigate and explore. From past exams these

are all things we cover in the course. It is a case of looking into them in further detail and

producing a 1500 - 2000 word written piece about what you have learnt. This will be marked out

of 45 & represents 15% of the final grade.

Food Preparation Task

This is a practical, non-examined, assessment task. The themes for designing a 3 course meal of

your own, will be distributed in September and we will practice this twice in The Farm Cookery

School kitchen before your final assessment. It will be marked out of 105 and represents 35% of

the final grade.

WHAT WILL I BE COOKING?

This is a selection of some of the recipes you can expect to cook on our GCSE Course:

Stirfry

Quartet of Cupcakes

Chicken Satay Skewers

Chapattis

Mango & Coconut Dessert

Toad in the Hole

Mash Potatoes

Thai Fishcakes

Quiche

Chicken Parmigiana with Tomato Sauce

Subway Rolls

Moroccan Tagine & Cous Cous

Vegetable Sides

Fruit Salad

Lasagne

Chicken Enchiladas

Homemade Tortillas

Guacamole

Salsa

Pizza

Biscotti

Pesto, Tomato & Mozzarella Kebabs

Sausage Rolls

Palmiers

Swiss Roll

Churros

Victoria Sponge Bake-Off

Fish Pie

Beef or Bean Burger

Mayonnaise

Beef Stew

Carrot Cupcakes

Garnishes Swiss Roll

Churros

Victoria Sponge

Fish Pie

Beef or Bean Burger

Mayonnaise

Beef Stew

Carrot Cupcakes

Garnishes

We may add more recipes, if you would like to explore any skills further, but this menu covers all of the required learning skills.

WHAT KITCHEN EQUIPMENT WILL I NEED?

Here is a list of kitchen equipment we would advise you have available, but we can find alternatives if we need to!

Knives

Stick Blender

Cup Cake Trays

Baking Trays

Microwave

Weighing Scales

Icing Bag and Nozzle

Slow Cooker

Baking Dish

Rolling Pin

Deep Roasting Tray

Measuring Spoons

Sauce Pans

Frying Pans

Electric Whisk

Fish Slice

Tongs

Potato Peeler

Swiss Roll

Churros

Victoria Sponge Bake-Off

Fish Pie

Beef or Bean Burger

Mayonnaise

Beef Stew

Carrot Cupcakes

Garnishes