

# GCSE HOME ECONOMICS: FOOD & NUTRITION



Examination Board: CCEA

M

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B

## Overview

This course enables you to take part in a range of fun and interesting activities related to diet and health and being an effective consumer when shopping for food. You will complete one written paper (2 hours) and one controlled assessment (50%).

Throughout the course, you will develop knowledge and understanding of:

- More advanced practical and food handling skills including the modification of recipes. Students will need to plan, prepare and cook meals and dishes that reflect current government nutritional guidelines.
- Diet and health – how to eat for health and avoid disease.
- The nutritional content of foods and how to meet the specific nutritional and dietary needs of different groups of people.
- How to be an effective consumer in relation to food choice, food safety and managing resources.

Unit	Content	Assessment
<b>1: Food &amp; Nutrition</b>	<p>You will study:</p> <ul style="list-style-type: none"><li>• Food provenance</li><li>• Food processing and production</li><li>• Food and nutrition for good health</li><li>• Energy and nutrients</li><li>• Macronutrients</li><li>• Micronutrients</li><li>• Fibre</li><li>• Water</li><li>• Nutritional and dietary needs</li><li>• Priority health issues</li><li>• Being an effective consumer when shopping for food</li><li>• Factors affecting food choice</li><li>• Food safety</li><li>• Resource management</li><li>• Food preparation, cooking and presentation skills.</li></ul>	<p>2 Hour Exam</p> <p>The paper includes multiple-choice, short and structural questions and questions requiring extended writing.</p> <p>50% of Final Mark</p>
<b>2: Practical Food &amp; Nutrition</b>	<p>Students will complete one task that involves the following:</p> <p>Part A – Research and Viewpoints; Part B – Justification of Choice; Part C – Planning; Part D – Practical Activity; and Part E – Evaluation</p>	<p>50% of Final Mark</p>

## Careers

Careers with Ministry of Agriculture, Fisheries & Food Nutritionist, Caterer, Baker, Publican, Butcher, Waiter, Chef/Cook, Confectioner, Consumer Adviser, Dietician, Home Care Organiser, Fishmonger, Food Shop Retailer, Food Writer/Photographer, Health Promotion Officer, Trading Standards Officer, Environmental Health Officer, Home Economist, Fast Food Operative, Restaurant Manager, Demonstrator, Teacher in Food Technology/Catering/Hospitality, Careers in Food Manufacturing, Food Guide Inspectors. Food Scientist, Microbiologist, Technical Brewer.