

FOOD AND NUTRITION/HOME ECONOMICS

Introduction

In Home Economics students are encouraged to think critically, make informed choices, develop practical food skills, and manage resources, enabling them to lead effective lives as individuals and family members. The topics studied will help students make informed decisions and develop the skills they need to be independent.



What will it be like?

The GCSE specification is divided into two components:

Component 1: – Food and Nutrition

Students will study:

- Food provenance
- Food processing and production
- Food and nutrition for good health
- Energy and nutrients
- Macro and micro nutrients
- Fibre and water
- Nutritional and dietary needs
- Priority health issues
- Being an effective consumer when shopping for food
- Factors affecting food choice
- Food safety
- Resource management
- Food preparation, cooking and presentation skills

Component 2: - Practical Food and Nutrition

This is a compulsory controlled assessment. This will contribute to 50% of the overall total at GCSE level.

Students complete one task that involves the following:

- Part A: Research and Viewpoints;
- Part B: Justification of Choice;
- Part C: Planning
- Part D: Practical Activity
- Part E: Evaluation.

This consists of a practical cookery examination in Year 12. *It is essential that pupils who choose this subject are committed fully to practical cookery.*

Assessment

Component 1: – Food and Nutrition

This will be assessed in a formal two-hour examination in the summer term of year 12 (50%). The examination offers a single tier of entry (grades A*-G). The written paper includes multiple-choice, short and structured questions, and questions requiring extended writing.

Externally assessed formal examination - 50% May /June of year 12

Component 2: - Practical Food and Nutrition

Internally based controlled assessments - 50% September to December year 12

Career Progression

A wide range of careers are open to Home Economists, not just food. Retail, Environmental Health, Social Work, Consumer Education and Journalism are all possibilities. In addition, Home Economics provides the basis for those wishing to follow careers in nutrition, food science, medicine, dietetics, teaching, catering, food production and food retailing.

www.ccea.org.uk/specifications