

# GCSE Food and Nutrition

# What is Food and Nutrition?

- **Component 1: Food and Nutrition**  
Learn about the nutritional content of foods.
- **Component 2: Practical Food and Nutrition**  
Carry out a research task and complete a practical cookery activity.

# GCSE Home Economics

❖ **Component 1: Food and Nutrition**

*(One exam paper-worth 50%)*

❖ **Component 2: Practical Food and Nutrition**

*(Worth 50%)*

# Why study Home Economics?

- ❑ Prepare you for life
- ❑ Passionate and enthusiastic teachers who care about your success
- ❑ Enjoy the subject
- ❑ An interest in diet and health
- ❑ Want to pursue a career in the Agri-Food Industry
- ❑ Majority of grades are A\* and A
- ❑ Top candidates in Northern Ireland
- ❑ It is a useful subject for many careers

# Careers related to Home Economics

- Food Industry (Food quality and safety)
- Dietician
- Human Nutrition
- Biochemistry
- Sports Science
- Dentistry
- Medicine



# Agri Food Employers



# Other relevant information

- The Agri-Food Industry is the biggest employer in Northern Ireland
- Regarding Hospitality, this strongly coincides with Travel and Tourism, therefore can allow you to broaden your horizons in regard to travel

**What do our current year 11  
students say about GCSE Home  
Economics?**



# Elisha Gallagher Year 11

---

"I am really glad I did Home Economics as it is a very interesting and relevant subject where I have learnt lots of useful information. It also links in with other subjects such as science which is really helpful too. It is a very enjoyable subject and I particularly like the class discussions we have. I highly recommend choosing HE as you will look forward to it every week!"

# Phoebe Smith Year 11

- "I am really glad I chose to do Home Economics for GCSE as it is really interesting and can help you in a lot of areas of your career. H.E is definitely something I enjoy and I am very passionate about it. You do really need to work hard as there is a lot to learn but all of your H.E teachers will help you with the workload. Additionally, enjoying the subject makes it easily manageable. You learn a lot of key life skills in Home Economics and learn a lot about our bodies and what we need to do to keep them healthy which I think is very important."

# Caitlin Ellison Year 11

---

“I am glad I chose HE for GCSE as it links in with other subjects, such as biology and PE, which makes it easier to understand.”

# Ashley Beaumont Year 11

---

- “I picked Home Economics because I like learning about how what we eat effects us and the skills to cook later in life”

# Natalie Thompson Year 11

---

- “I am glad that I did Home Economics as it has many topics e.g. Energy and Nutrients, which are very good to know and learn about for the future”

# Katelyn Fee

- “I chose HE because I enjoy the practicals as they are fun and a great experience. I also chose HE because it helps with skills needed in the future like cooking dinner and making sure it is done right so that there is no cross-contamination or under cooked foods, and to be able to make sure that even today you get the right amount of nutrients needed daily for your body to function properly. Without HE most people wouldn't know this or even think about it and this can cause serious problems in the body. You may think that HE is just practicals but it's not; there are the notes and booklets side but before you think that, that makes it boring it doesn't as it is really interesting to learn all about the topic in depth and then you get to make really great dishes after the booklet is complete.”

# Natasha McKeown

---

- “I find Home Economics very enjoyable, as I find the topics very interesting and enjoy the discussions that we have in class about these topics.”

# Previous Home Economics Students



# Elizabeth Clarke

- Studied GCSE, AS & A2 Home Economics
- **After A levels:**



at University of Wisconsin, USA

studying

## DIETETICS

# Emma Johnston

- Studied GCSE and AS Home Economics

- **After A levels**



at Queen's University studying

**MEDICINE**

# Lynne Malcolmson

- Studied GCSE, AS & A2  
Home Economics
- **After A levels**



at Queen's University, Belfast  
studying  
**DENTISTRY**

# Grace Kettyle

- Studied GCSE, AS & A2  
Home Economics
- **After A levels**  
at Queen's University  
studying



**MEDICINE**

**Bringing Learning to Life  
within Home Economics!**

# Year 11 Food Styling





# Food Creativity



# Year 11 Practical Lesson





# GCSE Practical Exam



# GCSE Practical Exam





# Top Food & Nutrition Student in UK



# Extra-Curricular: Competitions





# Extra-Curricular: Competitions



# Extra-Curricular: ABP Angus Youth Challenge Competition



**Any Questions?**