

IGCSE Food & Nutrition

Overview

As more and more people tend to be desk-bound for their jobs, nutrition is becoming an important subject to understand so that students can stay healthy and assist those around them in maintaining a balanced diet as well. Students will work with a mentor to deepen their understanding of nutrition and the various factors that affect a person's diet. As they further their knowledge, they will have the opportunity to apply it to real-world situations, investigating the diets of different demographics and cultures. Finally, students will use their knowledge to design and produce a balanced family meal.

Objectives

- Develop understanding of nutrition and health problems associated with diet
- Foster awareness of how different socioeconomic conditions can affect diet
- Understand eating patterns and dietary needs both for people of different ages and for differing groups within society
- Use skills and knowledge to design a balanced family meal

Structure

- Reflect on current knowledge of the range of topics that Food & Nutrition covers and identify strengths and weaknesses
 - Develop a personalised curriculum
- Investigate the diet of different groups and regions around the world
 - Real-world examples
 - Use of nutritional knowledge to evaluate a diet
 - Appreciate socioeconomic factors that affect diet
 - Understand cultural beliefs that might influence diet
- Explore claims made by advertisers and develop theoretical and practical knowledge of buying and preparing food
- Develop data analysis skills
 - Critical thinking and evaluation skills
- Exam practice
 - Past papers
 - Planning and structuring responses

