SUBJECT: Food and Nutrition

BOARD: WJEC

EXAM DURATION and STRUCTURE: 90 minutes. 9 questions covering all the topic covered throughout year 10 and 11. Questions require in-depth knowledge with the ability to develop products for specified reasons.

EXAM TECHNIQUES AND TERMINOLOGY

*EXPLAIN
*JUSTIFY

- Respond in detail the question providing a full answer with an explanation.
- Full and detailed sentences will be required and will often contain the word “because”
- A short phrase WILL NOT be acceptable. The candidate will need to make a valid point and justify it.

*DESCRIBE
*OUTLINE

- Describe answers in detail.
- The answer NEEDS to be in sentences and / or in a list.
- There is a need for detail in the answers with elaboration of the answer.

*GIVE
*STATE
*NAME

- Give a simple statement or a short phrase

*EVALUATE
*COMPARE

- The question requires a well-balanced argument involving both advantages and disadvantages.
- A paragraph or a number of sentences will be required.

2 marks = 2 answers

*IDENTIFY and EXPLAIN

When a question asks you to ‘EXPLAIN’

(DISCUSS in detail, each stage of the process and include at least the same number of stages as the marks awarded) 6 marks = 6 points

Use P.E.E for each explanation question.
(Point, Evidence, Explain)
EXAM CONTENT – WHAT DO YOU NEED TO KNOW?

The exam covers all aspects of food and nutrition. And will be split into 4 sections.
1 – Nutrition, Diet and Health throughout Life
2 – Factors Affecting Consumer Choice
3 – Nutritional, Physical, Chemical and Sensory Properties of Foods in Storage, Preparation and Cooking
4 – Food Hygiene and Safety

Section 1 – Nutrition, Diet and Health throughout life

Dietary Guidelines and food choices

- Identify and understand current dietary guidelines as set by government targets.
- Identify and understand why people make certain food choices (fast foods, cook-chill foods, ready meals and convenience foods)

Nutrients

- State the functions of the different nutrients and the implications of dietary deficiency or excess on health.

Terminology

- Understand current nutritional terminology – EARs, RNIs, DRVs, RDA, RDI, GI

Nutritional Needs of Individuals

- Demonstrate understanding between the relationship of diet and health.
- Demonstrate knowledge of diet related illnesses (coronary heart disease, type 2 diabetes, diverticulitis, obesity and dental caries)
- Demonstrate knowledge of nutritional requirements of different groups within a multi-cultural society (age and gender, pregnant women, vegetarians, low income and those with eating disorders)
- Recognise that special diets needs of individuals (Coeliac, lactose intolerance and anaemia)

Section 2 - Factors Affecting Consumer Choice

Factors Affecting Consumer Choice

- Show an understanding of the many different factors that affect people's choice of food (low income, cost, age, lifestyles, social/ economic/environmental factors, religion, cultural and racial diversity, and media influence)
Current Food Developments

- Understand current developments on food choice, health and lifestyle (organic foods, genetically modified foods, functional foods, ethical foods, fair trade foods and farm assured foods)

Packaging and Food labelling

- Packaging materials used domestically and how they are fit for their job. (packed meals, cooking and storage)
- Consider the use of recycled, biodegradable and sustainable materials and their effects on the environment
- Food Labelling Regulations and current food labelling effect consumer choices.

Section 3 - Nutritional, Physical, Chemical and Sensory Properties of Foods in Storage, Preparation and Cooking

Analysing Food Functions

- Understanding of the nutritional, physical, chemical and sensory properties.
- Characteristics of food in relation to preparation and cooking techniques used in the home (heat transfer, vitamin loss, colloidal systems, denaturation, gelatinisation, thickening, aeration, emulsification, coagulation and caramelisation)

Preservation

- Understand why food needs to be preserved and how preserving methods are used in the home that prolong food quality and the affect of these on sensory qualities of food.

Additives

- Identify the main categories of additives used in food production and evaluate their function and role

Developing and Modifying Recipes

- Able to adapt a recipe to make it suitable for different requirements.
**Section 4: Food Hygiene and Safety**

**Food Spoilage**
- State the types of food spoilage that can occur and explain the changes that take place – yeasts, moulds, fungi, enzymes and bacteria

**Health, Safety and Hygiene**
- Recognise the importance of a high standard of hygiene and the techniques required for the safe handling of food when purchasing, storing, preparing and cooking

**Process, Manufacture and Storage**
- Know and understand the methods used for food storage, cooking and reheating in the home in relation to temperature control; chilling, freezing, microwave ovens.

**Useful Websites**
- [http://www.bbc.co.uk/schools/gcsebitesize/design/foodtech/](http://www.bbc.co.uk/schools/gcsebitesize/design/foodtech/)
- [http://www.s-cool.co.uk/gcse/food-technology](http://www.s-cool.co.uk/gcse/food-technology)
- [http://www.nutrition.org.uk/](http://www.nutrition.org.uk/)
- [http://www.food.gov.uk/](http://www.food.gov.uk/)
- [http://www.wjec.co.uk/qualifications/qualification-resources.html?pastpaper=true&subject=homeEconomicsFoodAndNutrition&level=gcse](http://www.wjec.co.uk/qualifications/qualification-resources.html?pastpaper=true&subject=homeEconomicsFoodAndNutrition&level=gcse)

**Useful Resources**
- Text book – WJEC Home Economics Food and Nutrition
- Revision guide – Collins Revision Essentials – Food and Nutrition
- Your own exercise books/note books
SAMPLE QUESTIONS

Q. 8 (a) Award 0 – 2 marks for basic response resemble a list. Communication is hampered by lack of meaning and poor expression. Little or no use of specialist vocabulary.

Award 3 – 4 marks for a good response with specific examples and clear ideas. Writing is structured, fit for purpose, reasoned and clearly expressed. Specialist vocabulary is correct.

Award 5 – 6 marks for an excellent response with sound reasoning and descriptions. Writing is well-structured, fit for purpose and clearly expressed. Specialist vocabulary is used appropriately.

Likely answers may include:

- Use a cool bag/cool box/polystyrene material to insulate
- Keep covered in boot of car
- Ensure all refrigerated food is kept together
- Do not buy frozen foods as they would defrost
- Use a collection service
- Use a home delivery service
- Take quicker route home
- Store in a fridge if available in work
- Buy foods with good packaging to keep foods in shape, avoid squashing, etc. e.g. eggs
- Park car in a shaded cool spot/not sunny area

SAMPLE ANSWER.

Due to Sian having to do her shopping during her lunch break, she needs to take extra precautions to avoid making herself ill from food poisoning or her food going off.

To ensure her food stays in the best possible condition, she will need to use cool bags that are well insulated to store all her refrigerated foods and pack frozen cool blocks around them to avoid them coming out of the temperature zone in which bacteria is dormant. To avoid frozen foods from going off, she will need to avoid buying them, as they will thaw before she returns home and they are unable to be refrozen.

To avoid Sian’s car from getting warm, which will cause her food to be in the danger zone for bacteria, she will need to ensure all food is covered with a blanker for thick sheet and shade the food from the sun to keep the food as cool as possible. She will also need to park her car in a shaded area away from the sun light to help keep her car cool.

Examiners will also be looking for:

- Accurate spelling and grammar
- Clear meaning
- How well you organize the information in your answer
- Your ability to select an appropriate style of writing. This means you need to write in a formal, not using ‘text speak’