

# YOUR JOURNEY

TO BECOMING EXAM READY



## WELCOME TO GCSE FOOD AND NUTRITION



The WJEC GCSE in Food and Nutrition will equip you with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. It encourages you to prepare cook and serve a range of dishes and will enable you to make informed decisions about food and nutrition. It will allow you to acquire the knowledge and understanding in order to be able to feed yourselves and others affordably and nutritiously, now and later in life.

### By studying food and nutrition you will be able to:

- demonstrate effective and safe cooking skills by planning, preparing and cooking a variety of food commodities whilst using different cooking techniques and equipment
- develop knowledge and understanding of the functional properties and chemical characteristics of food as well as a sound knowledge of the nutritional content of food and drinks
- understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health
- understand the economic, environmental, ethical and socio-cultural influences on food availability, production processes, diet and health choices
- demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food
- understand and explore a range of ingredients and processes from different culinary traditions (traditional Welsh, British and international) to inspire new ideas or modify existing recipes.

### PLANNING AHEAD...

The specification in food and nutrition will enable you to make connections between theory and practice so that you are able to apply your understanding of food science and nutrition to practical cooking. The content relates to the study of both food and drinks.

**The qualification will build on subject content which is typically taught at Key Stage 3 and provides a suitable foundation for the study of Food and Nutrition at Level 3 for example Level 3 Certificate in Food Science and Nutrition. This qualification will also provide a coherent, satisfying and worthwhile course of study for you if you do not progress to further study in this subject. In addition, the qualification will introduce you to a new way of thinking about food which could help you make informed decisions about a wide range of career pathways.**

# GIVE IT YOUR ALL!

## TOP TIPS!

**Start to think about what foods you are eating** and their use in the body.

**Try to analyse** what foods you (and others) are eating and consider if these meet your nutritional needs and current healthy eating guidelines.

**Develop practical skills at every opportunity** – there is a list in Appendix A of the specification – ask your teacher for a copy.

**Think about the dishes/meals you eat** and consider how these can be developed, adapted or improved.

**Look at information on packaging**, e.g. where foods come from, shelf life information.

**Think about how foods** should be stored, prepared, cooked and served – safely and hygienically.

**Consider why** food/ingredients act in a specific way, e.g., why does bread rise in the oven.

**Watch food-related programmes** online and/or on TV to research and explore the topics you will cover in class.

**Think about how technology is changing** the foods we eat.

## WELL-BEING GUIDANCE

### Take baby steps

Remember this is a journey and you will pick up skills and knowledge along the way.

### Take regular breaks from studying

Exercise, meet friends, spend time with family.

### Look after yourself

Make sure you are getting a balanced diet and enough sleep.

### Try to stay positive

Even if you don't feel like it, a positive attitude will help you.

### Remember that everyone's different

Try not to compare yourself to others.

## HOW ARE YOU ASSESSED?

### Unit 1 Principles of Food and Nutrition

There will be a written examination in the summer when you are in year 11.

### Unit 2 Food and Nutrition in Action

You will need to complete two non-examination tasks (NEAs) which can be issued to you by your teacher towards the end of year 10 onwards.

**Assessment 1: A Food Investigation assessment** worth 40 marks

**Assessment 2: A Food Preparation assessment** worth 80 marks.

This includes a **3-hour practical session** which will allow you to showcase the skills you have learnt.

