

GCSE
Food and Nutrition
3560QS
Summer 2023 examinations

Unit 1	Principles of Food and Nutrition	Tuesday 20 June 2023
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Advance Information

General information for students and teachers

This advance information provides the focus of the content of the Summer 2023 examination papers.

It does not apply to any other examination series.

It is intended to support revision.

It may be used at any time from the date of release.

It must not be taken into the examination.

Released: 6 February 2023

Subject information for students and teachers

It is important that this advance information is read with reference to the detailed subject content in the specification, which is available at: [WJEC GCSE Food and Nutrition](#).

This advance information covers Unit 1(3560P1/3560P2) only. There is no advance information for Unit 2 NEA.

The format and structure of the examination paper remains unchanged.

The following areas of content are suggested as key areas of focus for revision and final preparation, in relation to the Summer 2023 examination. Please note, while advance information is intended to help guide and prioritise revision, to support exam performance and progression, revision plans should still take account of everything that has been taught.

The information is presented in the order it appears in the specification, not in question order in the examination.

The following topic areas will be largely, although not exclusively, tested through the Section B high tariff questions (4 marks and above).

Topics not included in this advance information may be assessed in low tariff questions.

The aim should still be to cover all specification content in teaching and learning.

Unit 1: Principles of food and nutrition

1. Food commodities

For:

- bread, cereals, flour, oats, rice, potatoes, pasta
- fruit and vegetables (fresh, frozen, dried, canned and juiced)

Learners need to know and understand:

- the value of the commodity within the diet
- features and characteristics of each commodity with reference to their correct storage to avoid food contamination
- the working characteristics of each commodity, with reference to the skill group and techniques table listed in Appendix A
- the origins of each commodity to include an awareness of Welsh produce

2. Principles of nutrition

Macronutrients and micronutrients

- the definitions of macronutrients and micronutrients in relation to human nutrition
- the role of macronutrients and micronutrients in human nutrition

Micronutrients, to include:

- (i) fat soluble vitamins: vitamin A, and vitamin D water soluble vitamins: vitamin B1 thiamin, vitamin B2 riboflavin, vitamin B3 niacin, vitamin B12 cobalamin and vitamin B9 folic acid (folate) and vitamin C
- (ii) minerals: calcium, iron, potassium and magnesium
- (iii) trace elements, to include: iodine, fluoride

plus:

the dietary value of:

- (i) dietary fibre (NSP)
- (ii) water

3. Diet and good health

Plan balanced diets

- recommend guidelines for a healthy diet based on current/up-to-date strategies in Wales
- identify how nutritional needs change due to age, lifestyle choices and state of health
- plan a balanced diet for:
 - (i) a range of life stages: babies, toddlers, teenagers, early, middle and late adulthood (to include pregnancy and lactation)

Calculate energy and nutritional values of recipes, meals and diets

- calculate the energy and main macronutrients and micronutrients in:
 - (iii) an individual's existing diet over a period of time
- use nutritional information/data to determine why, when and how to make changes to:
 - (iii) a diet
- show how an understanding of energy balance can be used to maintain a healthy body weight throughout life

4. The science of food

The effect of cooking on food

How preparation and cooking affect the sensory and nutritional properties of food:

- why food is cooked, to include: digestion, taste, texture, appearance and to avoid food contamination
- how selection of appropriate cooking methods can:
 - (i) conserve or modify nutritive value, e.g., steaming of green vegetables
 - (ii) improve palatability, e.g., physical denaturation of protein

4. The science of food (cont.)	
Food spoilage	<p>Microbiological food safety principles when buying, storing, preparing and cooking food, how to store foods correctly: refrigeration/freezing, dry/cold storage, appropriate packaging/covering of foods</p> <ul style="list-style-type: none"> • the importance of date-marks, labelling of food products to identify storage and preparation • the growth conditions, ways of prevention and control methods for enzyme action, mould growth and yeast production • the signs of food spoilage, including enzymic action, mould growth, yeast production and bacteria • the role of temperature, pH, moisture and time in the control of bacteria • the types of bacterial cross-contamination and their prevention • preservation/keeping foods for longer, e.g. jam making, pickling, freezing, bottling, vacuum packing <p>The signs, symptoms, risks and consequences of inadequate or unacceptable food hygiene practices:</p> <ul style="list-style-type: none"> • signs, symptoms of food poisoning to include poisoning caused by salmonella, campylobacter, e-coli, staphylococcus <p>The consequences of mishandling of food on:</p> <ul style="list-style-type: none"> • food wastage: including the effect on the environment and the financial implications of waste
5. Where food comes from	
Food provenance	<ul style="list-style-type: none"> • the impact of packaging on the environment versus the value of packaging
6. Cooking and food preparation	
Factors affecting food choice	<ul style="list-style-type: none"> • the range of factors that influence food choices, including enjoyment, preferences, seasonality, costs, availability, time of day, activity, celebration or occasion and culture • the most up-to-date Food and Nutrition strategy for Wales

End of advance information