

WJEC GCSE Home Economics: Food and Nutrition

Top Tips and Exam Topics.

Ensure that you **revise the whole of the specification**. You will have questions about all aspects of it.

Practice all types of questions as part of your revision.

How to approach the exam paper.

⇒ **Answer all the questions.**

⇒ **Write in the space provided.**

'Keep their answers within designated areas and use concise sentences or bullet points where appropriate.'

⇒ **Ensure that the examiner can read your writing**

You write neatly with a clear and legible black (hand writing) pen.

⇒ **Look at the mark allocation for each question.**

'Ensure you add enough points to get the marks.'

⇒ **Avoid one word answers** and 'sweeping statements' for example 'it is healthy' . Instead explain what healthy means. 'It is low in fat'

⇒ Avoid using words such as '**stuff**' and '**things**'

⇒ Use **technical words/vocabulary** as you are awarded additional marks for the use of technical terms in higher marks questions.

⇒ If referring to temperatures ensure you include the degrees Celsius symbol.

⇒ Make sure that **you are answering the question**, don't just rewrite the question.

What the moderator said 'Reading questions is still a weakness for many candidates. Misunderstanding and choosing the wrong focus is often the reason why candidates are not able to access higher marks.'

⇒ To gain a higher grade, **wider reading around the subject** will help.

⇒ Make links where relevant to practical work e.g. How to make a food product. **Apply this knowledge to theory.**

⇒ **Spend some time planning the longer questions.** The **2016 moderator said** 'Students who spend time planning tend to get higher marks, as their answers are more focused and logical and show a good knowledge and understanding.'

⇒ **Plan your answer and use the plan.** Tick off when you have covered the point.

⇒ **Read through your answers.** By doing this you can make sure that you have actually answered the questions and not repeated yourself.

⇒ Ensure that you understand the following command words:

⇒ The moderator said 'Candidates need examination technique practice sessions and guidance on interpretation of command words used in questions.'

Command words

Give, State, Name - These type of questions will usually appear at the beginning of the paper or question part and are designed to ease you into the question with a single statement or short phrase for one mark.

Describe, Outline - These types of questions are straight forward. They require you to describe something in detail. Some questions may also ask you to use notes and sketches, therefore, marks can be gained with the use of a clearly labelled sketch.

Explain, Justify - These types of questions require you to respond in a little more detail - single statements will not achieve full marks. A valid point should be made and then justified.

Evaluate, Discuss, Compare - These type of questions are designed to 'stretch and challenge'. These questions require you to make a well balanced argument, usually involving both advantages and disadvantages

Home Economics: Food and Nutrition Revision Topics.

Diet and Health

Nutrition: Food sources, functions, excess and deficiency of Protein, Fats, Carbohydrates, Vitamins A-D, minerals- calcium, iron, sodium, phosphorus.

Specific terminology and its purpose: RDIs, EARs, GDA, NSP, GI, DRVs.

Healthy Eating Guidelines- 'Eat Well Plate', eight guidelines for a balanced diet. What is the link between diet and health? Obesity, lifestyle, diabetes, CHD.

Food Choice – What affects our choice of food for example income, cost, availability, where you live, special diet, cooking skills and facilities, balance of choosing fresh and convenience foods, time available, racial diversity, media, marketing and advertising techniques.

Nutritional needs of individuals –An understanding that the nutritional needs vary according to their age and activity levels.

Menu planning: Developing menus for specific age groups and occasions.

Recipe development and modification- Using standard why recipes need to be modified for a specific purpose. For example, for lactose intolerant, CHD, Celiac disease, diabetes, low fat, low salt, low sugar.

Energy- How energy is measured, energy value of foods, energy values of individuals, consequences of having a diet that has a deficiency and excess in high energy foods and drinks.

Food Hygiene and Safety

Legislation on food hygiene and safety – Food Safety Act, Food Hygiene Act, agencies that monitor food standards. Temperature control in relation to food storage, cooking and reheating.

Food Spoilage – Yeasts, moulds, fungi, enzymes and bacteria. Purchase, storage, preparation and cooking.

Food labelling-Food labelling regulations and guidelines.

Preservation – Why food needs to be preserved, different methods of preservation used in the home, including chilling, freezing, drying, vacuum packaging, MAP and canning.

Additives –Types of food additives, their roles and functions.

Packaging of food –Types of packaging and their uses. Use of recycled, biodegradable and sustainable materials. Environmental issues.

Process, manufacture and storage in relation to temperature control.

Food Commodities and Preparation

Basic practical skills - Short crust pastry - methods of cake making i.e. rubbed in, creaming, whisking and melting. - Yeast mixtures - sauces – roux, one stage and blended Include one stage methods, quick methods, convenience type and readymade alternatives.

Food commodities: Fruit and vegetables, eggs, milk and milk products, cereals, meat, fish, beans, peas, lentils, nuts meat alternatives

Cooking methods and choice of equipment – Reasons for cooking food. Cooking methods and the effect on nutritional value, sensory characteristics, consistency of the product and palatability. Use of large and small equipment.

Analysing food and its functions – To understand the physical and chemical changes that take place during preparation and cooking. How various food preparation and cooking techniques affect nutritional content.

Food and the Senses – Methods of sensory analysis

Current food developments – organic/welfare, genetic modification, ethical, farm assured, fair trade and nano. Evaluate these developments and influences.