

Make the grade

WJEC Food Science and Nutrition Certificate

Student: _____

Target grade:

AS ALPS grade:

Current grade:

Mock Exam grade:

Test grades in class so far: Vitamins: Minerals:

Carbohydrates: Proteins: January Mock:

Unit 1 Meeting the nutritional needs of others written exam = 50%

Unit 1 Meeting the nutritional needs of others coursework = 50%

Key dates

Exam dates: Tuesday 4th June

Coursework deadlines: All coursework handed in completed on 8th April 2024

Extra support Available

After school clubs on Wednesdays in D11—
3.15pm—4.15pm.



KEEP CALM

AND

START REVISION



Subject WJEC Food Science and Nutrition Certificate Revision Plan

Week starting	Topic	Text Book	Text book	Online resources
Monday	Please use the text book given—Anita Tull—Food and Nutrition to read the pages to revise and complete the practise questions	Read pages:	Answer question pages:	
1	<u>Micronutrients: Vitamins.</u> Needs in the body. Ingredients where found (dietary sources). Deficiencies and excess. Water and fat soluble. Structure, Complementation.	12-20 132-135	15 20	https://en.wikipedia.org/wiki/Vitamin
2	<u>Micronutrients: Minerals.</u> Needs in the body. Ingredients where found (dietary sources). Deficiencies and excess. Water and fat soluble. Structure. Complementation. Water	21-26	25 28	https://en.wikipedia.org/wiki/Mineral
3	<u>Macronutrients: Carbohydrates.</u> Monosaccharides. Disaccharides. Polysaccharides. Starch and sugars. Needs in the body. Ingredients where found. Structure. Energy. Gelatinisation	9-11 97-99	11 99	https://www.nutrition.org.uk/healthyliving/basics/carbs.html
4	<u>Macronutrients: Non Starch Polysaccharide / NSP—Fibre.</u> Soluble and insoluble NSP. Ingredients where found (dietary sources). Deficiencies and excess. Structure.	26-28 85-91	28 91	https://www.nutrition.org.uk/healthyliving/basics/fibre.html
5	<u>Macronutrients: Proteins.</u> High biological value and low biological value proteins. Essential amino acids. Ingredients where found (dietary sources). Deficiencies and excess. Structure. Wet abd dry heat. Ph levels. Denaturation. Coagulation	2-5, 116-129, 99-111	5 111	https://quizlet.com/134156954/hbv-and-lbv-proteins-flash-cards/
6	<u>Macronutrients: Proteins.</u> Vegetarian and vegan diet and alternative high biological value protein sources / ingredients. Low biological value protein and complementation. Dairy proteins.	68-69 129-132 136-137	132 137	https://www.vegsoc.org/
7	<u>Macronutrients: Fats and Lipids.</u> Monounsaturated, saturated, unsaturated, polyunsaturated. Animal vs vegetable fats. Hydrogenation. Trans fats. Essential fatty acids. Omega 3 and Omega 6. Ingredients where found (dietary sources). Deficiencies and excess. Structure. Emulsification. Eggs	5-8 112-115	8 115	https://www.nutrition.org.uk/healthyliving/basics/fibre.html
8	<u>Social, Moral and Cultural Considerations to diet.</u> Religions. Organic. Fair trade. Red tractor. Food Miles. Seasonal. Free range. Lactose intolerant. Coeliac. Allegis.	70-73	73	https://www.tes.com/teaching-resource/gcse-food-environmental-moral-and-social-issues-11012377
9	<u>Different ages and Lifestyle Factors that effect diet:</u> GDA/RDA different ages. Busy lifestyles. Convenience food. Dietary related diseases. Government medical recommendations.	144-147 53-67	146	https://www.nutrition.org.uk/healthyliving/basics/exploring-nutrients.html
10	<u>Health and Safety in the kitchen:</u> HACCP, personal hygiene. Food poisoning bacteria. Temperature control. Cross contamination. Microbiological, physical and chemical.	154-162	162	https://www.food.gov.uk/
11	<u>Dietary planning and Advice:</u> Adapting and advising on diet to improve health. PAL.	32-49	50-52	https://www.nutrition.org.uk/healthyliving/basics/what-is-energy.html

Make the grade