

Advance information June 2022

GCSE Food Preparation and Nutrition

Version 1

Because of the ongoing impacts of the Coronavirus (COVID-19) pandemic, we are providing advance information on the focus of June 2022 exams to help students revise.

This is the advance information for GCSE Food Preparation and Nutrition.

Information

- This advance information covers Paper 1: Food Preparation and Nutrition only
- Topics not listed may appear in Section A or in other questions in Section B
- Topics have been listed in specification order, not question order
- It is **not** permitted to take this advance information into the examination.

Advice

- Students and teachers should consider how to focus their revision on the list of advance information, but still cover other non-listed parts of the specification, which may be tested in other questions
- Students will still be expected to apply their knowledge to unfamiliar contexts
- Students will still be expected to draw on knowledge, skills and understanding from across the specification when responding to questions.

Focus of the June 2022 exam

3.2.3.1 Making informed choices

- the current guidelines for a healthy diet
- portion size and costing when meal planning
- how people's nutritional needs change and how to plan a balanced diet for different life stages
- how to plan a balanced meal for specific dietary groups
- how to maintain a healthy body weight throughout life

3.2.3.4 Diet, nutrition and health

- the relationship between diet, nutrition and health
- major diet related health risks

3.3.2.2 Carbohydrates

- Gelatinisation
- Dextrinisation
- Caramelisation

3.4.2.1 Buying and storing food

- the food safety principles when buying and storing food

3.4.2.2 Preparing, cooking and serving

- the food safety principles when preparing, cooking and serving food

3.5.1.1 Factors affecting food choice

- To know and understand factors which may influence food choice.

3.6.1.2 Food and the environment

- environmental issues associated with food

3.6.2.1 Food production

- Primary and Secondary stages of processing and production
- how processing affects the sensory and nutritional properties of ingredients

END OF ADVANCE INFORMATION