



**GCSE**

3560U20-1

**Summer 2023**

**FOOD AND NUTRITION – Unit 2**

**Food and Nutrition in Action**

**Non-Examination Assessments**

**AVAILABLE ONLY TO CANDIDATES ENTERING THE WJEC  
QUALIFICATION APPROVED BY QUALIFICATIONS WALES AND NOT  
AVAILABLE TO CENTRES IN ENGLAND.**

**To be opened by centres after 9 May 2022.**

The Assessments can be shared with candidates any time after the release date, at the discretion of the Centre.

**Assessment 1:** WJEC recommends 10 assessment hours to carry out the chosen task.

It is recommended that candidates complete the chosen task by 16 December 2022.

**Assessment 2:** WJEC recommends 15 assessment hours to carry out the chosen task. The 15 assessment hours **must** include a single, final practical session of **3 hours** in length.

It is recommended that candidates complete the chosen task by 14 April 2023.

To be internally assessed and externally moderated.

Work **must** be sent for moderation by **5 May 2023**.

## Non-Examination Assessment

### Assessment 1: The Food Investigation Assessment

Answer **one** of either **Option A** or **Option B**.

#### Option A

**A 'roux' is the name given to the cooked mixture of butter and plain flour that thickens and forms the base of various sauces, particularly a white sauce (also known as a béchamel sauce).**

**Investigate a number of variables that affect the outcome of a béchamel sauce.**

This task must be supported by investigational work – refer to guidelines given below.

#### Option B

**Different raising agents are used when making baked products.**

**Investigate a number of variables that affect the outcome when making Choux pastry.**

This task must be supported by investigational work – refer to guidelines given below.

### Supportive Work Guidelines

Your supportive work should show evidence of the scientific principles underlying the preparation and cooking of food through research, investigation, trialling, modifying and developing and evaluation. The written evidence is limited to a 2000–2500 word count.

The written evidence may be submitted electronically or as a paper version and must include evidence of the following tasks:

- Section (a) Research and investigate the task.  
Carry out research and produce a plan of experiments. Predict an outcome.  
Justify your choices for experimental work/modifications. [10]
- Section (b) Investigate the working characteristics and the functional and chemical properties of the ingredients through **practical** experimentation and use the investigation findings to achieve a particular result. [20]
- Section (c) Evaluation.  
Analyse and evaluate the task.  
Analyse the data and results collected and draw conclusions. Justify all findings and results, evaluate the hypothesis and confirm if predictions were proven. [10]

## Non-Examination Assessment

### Assessment 2: The Food Preparation Assessment

Answer **one** of either **Option A** or **Option B**.

#### Option A

**During pregnancy, it is important to get the right balance of nutrients and to know what foods should be avoided.**

**Research, plan, prepare and cook 3 dishes (with accompaniments if appropriate) that would be suitable for a pregnant woman.**

This task must be supported by investigational work – refer to guidelines given below.

#### Option B

**The past couple of years has seen the rise of the ‘Friday Night Fakeaway’, as many people have discovered that homemade dishes can be even tastier than a restaurant or takeaway version.**

**Research, plan, prepare and cook 3 dishes (with accompaniments if appropriate) that would be suitable for a ‘Friday Night Fakeaway’.**

This task must be supported by investigational work – refer to guidelines given below.

### Supportive Work Guidelines

Your supportive work should show evidence of research, investigation, selection of dishes, justification, planning and evaluation. It is recommended that your work be limited to no more than 15 pages (30 sides) of A4 or equivalent A3. To include all photographs, graphs and charts.

The written evidence may be submitted electronically or as a paper version and must include evidence of the following:

- Section (a) Research and investigate your chosen task. (To include testing and trialling). [10]
- Section (b) Plan the task:  
Select a final menu to be produced to showcase skills. Justify your choice of dishes and produce an order of work for the practical execution of the dishes. [15]
- Section (c) Prepare, cook and present a menu of **three** dishes and accompaniments within a single 3 hour session.  
**Photographic evidence of the completed dishes is essential.** [45]
- Section (d) Evaluate the selection, preparation, cooking and presentation of the three dishes and any accompaniments. [10]

It is an expectation that you will use the correct tools, safely and competently when carrying out a range of techniques. You will be expected to demonstrate essential hygiene rules and food safety principles, when storing, preparing, cooking and presenting food for this assessment. **No marks** will be allocated to hygienic working as this is a mandatory requirement.

Please ensure all work submitted for moderation can be clearly identified as your own work. (i.e. centre name and number, your name and examination number.)