



**GCSE**

3560U20-1

**Summer 2024**

**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 8 May 2023.**

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 15 December 2023.

**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 8 April 2024.

To be internally assessed and externally moderated.

Work **must** be submitted for moderation by **5 May 2024**.

**Non-Examination Assessment****Assessment 1: The Food Investigation Assessment**

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

**Option A**

**Sugar is a popular commodity used to sweeten many foods. However, current government advice is to reduce our sugar consumption.**

**Investigate the effects of reducing the sugar content, or using alternative ingredients, when making a shortbread biscuit.**

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

**Option B**

**Due to enzymic browning, some fruit and vegetables become discoloured when peeled or cut.**

**Investigate the conditions that may speed up, slow down or prevent the process of enzymic browning.**

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

**Eggs are one of the most nutritious and versatile food commodities available and can be used in a range of dishes.**

**Research, plan, prepare and cook a selection of dishes (with accompaniments if appropriate) that showcase the use of eggs.**

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

#### Option B

**Wales is a multicultural society with people from many countries making up the population. Due to this diversity, some of Wales' most popular dishes come from around the world.**

**Research, plan, prepare and cook a selection of dishes (with accompaniments if appropriate) that showcase a country of your choice.**

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.)