

Advance Information for Summer 2022

GCSE (9–1)

Food Preparation and Nutrition

J309

We have produced this advance information to support teachers and students with revision for the Summer 2022 examinations.

Information

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- This notice does **not** cover non-examined assessment (NEA) components.
- There are no restrictions on who can use this notice.
- The format/structure of the paper remains unchanged.
- You are **not** permitted to take this notice into the exam.
- This document has **2** pages.

Advice

- Students and teachers can discuss this notice.
- It is advised that teaching and learning should still cover the entire subject content in the specification.

If you have any queries about this notice, please call our Customer Support Centre on **01223 553998** or email general.qualifications@ocr.org.uk.

J309/01 Food preparation and nutrition

This list shows the topics that will be mainly tested through the higher tariff questions.

Students and teachers should consider how to focus their revision of other parts of the specification which may be tested in other questions.

Section A: Nutrition

A1 The relationship between diet and health

- A balanced diet to provide the correct combination of food and nutrients for good health

A4 Energy balance

A8 Vitamins (Micronutrients)

A9 Minerals (Micronutrients)

A11 Nutritional content of the main commodity groups

Section B: Food (food provenance and food choice)

B3 Food security

B4 Technological developments to support better health and food production

Section C: Cooking and food preparation

C1 Food Science

- Working characteristics and the functional and chemical properties of ingredient groups
 - ✓ Carbohydrates: gelatinisation, dextrinisation, caramelisation
 - ✓ Fats/oils: shortening, aeration, plasticity, emulsification

C3 Food safety

END OF ADVANCE INFORMATION

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