

WJEC Hospitality & Catering – Exam – Revision Timetable 2018

This is the suggested timetable for your revision – only 14 weeks until your exam. Plenty of time; *as long as you use it wisely!* Work your way through each topic below using the revision guide and your exercise book (from Year 10). Tick off each bullet point when you are confident; *if there is something you are not sure of then you must ask – either email or come to see me. We will be spending class time working through the topics as well as practising exam questions and techniques. Please make sure you catch up with any work missed due to absence and if you are not sure ASK 😊*

WEEK	1 ½ HOURS		1 ½ HOURS	Suggested Revision Task Tick which one you completed
1. 19th February	<p>Nutrition</p> <p>The relation between Diet and Health</p>	<p>A balanced diet to provide the correct combination of food and nutrients for good health</p> <p>The government’s guidelines for a healthy diet and the inclusion of new regulations as they are issued</p> <ul style="list-style-type: none"> • Major diet-related health issues 	<ul style="list-style-type: none"> • The importance of a healthy diet • How to use the major commodity groups to make a balanced food choice • The application of the eight tips for healthy eating • Diet-related diseases and conditions: obesity (weight loss and gain), cardiovascular, coronary heart disease (CHD), diabetes, diverticulitis, bone health (osteoporosis), dental health, anaemia and high blood pressure 	<ul style="list-style-type: none"> • Use the revision guide to make revision notes, revision cards, mind maps, posters, etc • Ask someone to test you • Used BBC bitesize revision resources • Answer practise exam questions • Other...
2. 26th February	<p>Nutrition</p> <p>Nutritional and dietary needs of different groups of people</p>	<p>Dietary needs for different stages of life</p> <p>Food allergies and intolerances</p> <ul style="list-style-type: none"> • The dietary reference values (DRVs) 	<ul style="list-style-type: none"> • Balanced combinations of food, nutrients and correct portion sizes for babies, toddlers, pre-school children, school-aged children, adolescents, adults, older people, pregnant and lactating women • Foods that may cause an allergic reaction • Food intolerance: lactose and gluten (coeliacs) 	<ul style="list-style-type: none"> • Use the revision guide to make revision notes, revision cards, mind maps, posters, etc • Ask someone to test you • Used BBC bitesize revision resources

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		Macronutrients and micronutrients Calculation of nutritional values	<ul style="list-style-type: none"> Recommended daily amounts of macro and micro nutrients and energy Plan recipes, meals and diets based on nutritional analysis 	<ul style="list-style-type: none"> Answer practise exam questions Other...
3. 5th March	Nutrition Nutritional needs when selecting recipes for different groups of people	<ul style="list-style-type: none"> Modifying recipes and meals to follow current dietary guidelines 	<ul style="list-style-type: none"> Altering or substituting ingredients, changing the method of cooking or process and changing the portion size 	<ul style="list-style-type: none"> Use the revision guide to make revision notes, revision cards, mind maps, posters, etc Ask someone to test you Used BBC bitesize revision resources Answer practise exam questions Other...
	Nutrition Energy balance	<p>The relationship between food intake and physical activity and how to maintain a healthy body weight throughout life</p> <p>How to calculate energy values and the main sources of energy in the diet</p> <p>The main factors that influence an individual's energy requirements</p>	<ul style="list-style-type: none"> Basal metabolic rate (BMR) and physical activity level (PAL) and their importance in determining energy requirements Recommended percentage of daily energy intake Sources of energy: protein, fat, carbohydrate and alcohol Units (kcal and kJ) for measuring energy Gender, life stage, pregnancy/lactation, size/body weight, genetics, occupation and lifestyle Deficiency and excess 	

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4. 12th March	Nutrition Protein	Types and functions <ul style="list-style-type: none">• Sources	<ul style="list-style-type: none"> • Types and structure: High biological value (HBV) and low biological value (LBV) • Functions and deficiency • Animal and vegetable 	<ul style="list-style-type: none"> • Use the revision guide to make revision notes, revision cards, mind maps, posters, etc • Ask someone to test you • Used BBC bitesize revision resources • Answer practise exam questions • Other...
	Nutrition Fat	Types and functions <ul style="list-style-type: none">• Sources	<ul style="list-style-type: none"> • Types and structure: fats and oils (saturated, unsaturated and polyunsaturated) • Functions and deficiency • Animal and vegetable: visible and invisible 	
5. 19th March	Nutrition Carbohydrates	Types and functions <ul style="list-style-type: none">• Sources	<ul style="list-style-type: none"> • Sugar: monosaccharides, disaccharides, starch: complex carbohydrates and fibre • Functions and deficiency • Sugar, starch and fibre 	<ul style="list-style-type: none"> • Use the revision guide to make revision notes, revision cards, mind maps, posters, etc • Ask someone to test you • Used BBC bitesize revision resources • Answer practise exam questions • Other...
	Nutrition Vitamins	Types and functions Sources	<ul style="list-style-type: none"> • Fat soluble vitamins: A (retinol and carotene), D, E, K • Water soluble vitamins: B1 (thiamine), B2 (riboflavin), B3 (niacin), B9 (Folate/Folic acid), B12 (cobalamin), C (ascorbic acid) • Functions and deficiency • Food sources of vitamins • 	
6. 26th March	Nutrition Minerals	Types and functions <ul style="list-style-type: none">• Sources	<ul style="list-style-type: none"> • Calcium, iron, sodium, fluoride, iodine, phosphorus • Functions and deficiency • Foods that supply minerals 	<ul style="list-style-type: none"> • Use the revision guide to make revision notes, revision cards, mind maps, posters, etc • Ask someone to test you • Used BBC bitesize revision resources • Answer practise exam questions • Other...
	Nutrition Water	Importance of water Sources	<ul style="list-style-type: none"> • Functions and deficiency • Recommended guidelines for daily intake of water • Sources and foods that give us water 	

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7. 2nd April	Nutrition Nutritional content of the main commodity groups	<ul style="list-style-type: none"> Bread, rice, potatoes, pasta and other starchy foods Fruit and vegetables Milk and dairy foods Meat, fish, eggs, beans and other non-dairy sources of protein Foods and drinks high in fat and/or sugar 	<ul style="list-style-type: none"> Nutritional content of each commodity group 	<ul style="list-style-type: none"> Use the revision guide to make revision notes, revision cards, mind maps, posters, etc Ask someone to test you Used BBC bitesize revision resources Answer practise exam questions Other...
8. 9th April	FOOD PROVENANCE: Food source and supply	<p>Food sources and how they are:</p> <p>a) grown: cereals, sugars, fruits and vegetables</p> <p>b) reared: meat and poultry</p> <p>caught: fish</p>	<ul style="list-style-type: none"> Advantages and disadvantages of locally produced and seasonal foods Where and how they are grown: organic and non-organic farming Classification of fruits and vegetables Where and how they are reared: intensive farming methods, free-range products, rearing of the animals Classification of meat, poultry and game Where and how they are caught: sustainable fish supply Classification of fish 	<ul style="list-style-type: none"> Use the revision guide to make revision notes, revision cards, mind maps, posters, etc Ask someone to test you Used BBC bitesize revision resources Answer practise exam questions Other...
9. 16th April	Food Food processing and production	<p>Primary stages of food processing</p> <p>Secondary stages of food processing and production</p> <ul style="list-style-type: none"> Food processing and preserving methods: industrial and domestic 	<ul style="list-style-type: none"> How wheat is milled and processed to produce flour Heat treatment of milk The processes that raw food undergoes to transform it into a food product How milk is processed to produce butter, cream, yoghurt and cheese How flour is used to produce bread and pasta High temperatures: pasteurisation, sterilisation (ultra 	<ul style="list-style-type: none"> Use the revision guide to make revision notes, revision cards, mind maps, posters, etc Ask someone to test you Used BBC bitesize revision resources Answer practise exam questions Other...

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			<p>heat treated (UHT) and canning)</p> <ul style="list-style-type: none"> • Cold temperatures: chilling, freezing, cook-freeze/blast chilling and accelerated freeze-drying (AFD) • Drying and smoking • Using acids, salt and sugar • Controlled atmosphere packaging (CAP)/modified atmosphere packaging (MAP) and vacuum packing 	
<p>10. 23rd April</p>	<p>Food Food security</p>	<ul style="list-style-type: none"> • The impact of food and food security on society, local and global markets and the environment Moral/ethical and environmental issues involved in food production 	<ul style="list-style-type: none"> • The availability of food, the access to food, the individual's ability to utilise food • Moral issues: how Fairtrade affects food producers and workers • Ethical issues: relating to the development of genetically modified (GM) food • Environmental issues: food waste • Carbon footprint and the transportation of materials and goods • Sustainability of resources 	<ul style="list-style-type: none"> • Use the revision guide to make revision notes, revision cards, mind maps, posters, etc • Ask someone to test you • Used BBC bitesize revision resources • Answer practise exam questions • Other...
<p>11. 30th April</p>	<p>Food Technological developments to support better health and food production</p>	<p>Fortification</p> <p>Use of additives</p> <ul style="list-style-type: none"> • New and emerging foods 	<ul style="list-style-type: none"> • The advantages and disadvantages of fortification • Preservatives, colourings, flavourings and sweeteners, emulsifiers and stabilisers and thickeners, antioxidants • Probiotics and prebiotics 	<ul style="list-style-type: none"> • Use the revision guide to make revision notes, revision cards, mind maps, posters, etc • Ask someone to test you • Used BBC bitesize revision resources • Answer practise exam questions • Other...
	<p>Food Development of culinary traditions (learners must</p>	<ul style="list-style-type: none"> • Features and characteristics of individual cuisines 	<ul style="list-style-type: none"> • Recognise traditional ingredients • Understand religious or cultural factors affecting the cuisine • Understand traditional cooking methods, presentation and eating patterns • Recognise how the traditional recipes have been 	

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	study British cuisine and a minimum of TWO international cuisines)		adapted to suit today's society	
12. 7th May	Food Factors influencing food choice	Personal, social and economic factors, medical reasons Religious and cultural beliefs Ethical and moral beliefs	<ul style="list-style-type: none"> • Food choice can be affected by cost, enjoyment, preference, seasonality, availability, time of day, activity, celebration or occasion • Consumer information, food labelling, marketing • Food choice can be affected by related beliefs of major religions: Buddhism, Hinduism, Islam, Judaism, Rastafarianism and Sikhism • Vegetarians (lacto-ovo, lacto, ovo and vegans), animal welfare, local produce, organic food 	<ul style="list-style-type: none"> • Use the revision guide to make revision notes, revision cards, mind maps, posters, etc • Ask someone to test you • Used BBC bitesize revision resources • Answer practise exam questions • Other...
13. 14th May	Cooking and food preparation	The reasons why food is cooked Heat transfer through cooking methods How preparation and cooking methods/processing <ul style="list-style-type: none"> • affect the nutritional value • improve the sensory properties 	<ul style="list-style-type: none"> • Making food safe to eat • Making food more digestible/palatable • Conduction, convection and radiation • Enrichment/loss, increase/reduce calorific value, vitamin losses • Texture, flavour, appearance, aroma • Carbohydrates: gelatinisation, dextrinisation, caramelisation 	<ul style="list-style-type: none"> • Use the revision guide to make revision notes, revision cards, mind maps, posters, etc • Ask someone to test you • Used BBC bitesize revision resources • Answer practise exam questions • Other...

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		Working characteristics and the functional and chemical properties of ingredient groups	<ul style="list-style-type: none"> Fats/oils: shortening, aeration, plasticity, emulsification Protein: coagulation, foam formation, gluten formation, acid denature Fruit and vegetables: enzymic browning/oxidisation Raising agents: yeast, chemical agents, air and steam 	
14. 21st May	Cooking and food preparation Sensory properties	The senses (organoleptic properties) Sensory systems Preferential and sensory testing panels	<ul style="list-style-type: none"> Changes that happen when food is cooked: texture, appearance, colour taste, sound and aroma The importance of the senses of sight, taste, touch, smell and hearing and how they work when making food choices The five basic tastes recognised by receptors (sweetness, sourness, bitterness, saltiness and umami) How to set up a testing panel Styles and forms of rating, ranking and profiling systems with the use of appropriate descriptive terminology 	<ul style="list-style-type: none"> Use the revision guide to make revision notes, revision cards, mind maps, posters, etc Ask someone to test you Used BBC bitesize revision resources Answer practise exam questions Other...
15. 28th May	Cooking and food preparation Food safety	Conditions and control for bacterial growth Growth conditions and control for mould growth and yeast production Signs of food spoilage Helpful properties of micro-organisms in food production Buying food	<ul style="list-style-type: none"> The role of time, temperature, moisture and food availability The role of time, temperature, moisture and food availability Natural decay, enzyme action and yeast production Types of micro-organisms and key points Labelling and date marks Visual checks Reputable supplier 	<ul style="list-style-type: none"> Use the revision guide to make revision notes, revision cards, mind maps, posters, etc Ask someone to test you Used BBC bitesize revision resources Answer practise exam questions Other...

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		<p>Storing food</p> <p>Preparing food</p> <p>Cooking and serving food</p>	<ul style="list-style-type: none"> • Types of storage and how to store foods correctly • Preventing cross contamination and food poisoning: direct and indirect methods <p>High-risk foods, critical temperatures</p>	
16. 4 th June	<p>Use this time to answer past exam papers and re-answers questions from lesson time.</p> <p>Also, to double check any areas you are not 100% sure of</p>			
17. 11 th June	<p>Use this time to double check any areas you are not 100% sure of</p> <p style="text-align: center;">EXAM 19th June 9am - GOOD LUCK 😊</p>			