Surname	Centre Number	Candidate Number
First name(s)		0

GCSE

C560UA0-1

S26-C560UA0-1

THURSDAY, 11 JUNE 2026 – AFTERNOON

FOOD PREPARATION AND NUTRITION
Component 1

Principles of Food Preparation and Nutrition

1 hour 45 minutes

For Examiner's use only		
Question	**Maximum Mark**	**Mark Awarded**
1.	**15**	
2.	**12**	
3.	**10**	
4.	**14**	
5.	**14**	
6.	**10**	
7.	**13**	
8.	**12**	
Total	**100**	

C560UA01
01

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen. Do not use gel pen or correction fluid.

Answer **all** questions.

Write your name, centre number and candidate number in the spaces at the top of this page.

Write your answers in the spaces provided in this booklet.

If you run out of space, use the additional pages at the back of the booklet, taking care to number the question(s) correctly.

INFORMATION FOR CANDIDATES

The number of marks is given in brackets at the end of each question or part-question. You are advised to divide your time accordingly.

The total number of marks available is 100.

You are reminded of the need for good English and orderly, clear presentation in your answers.

© WJEC CBAC Ltd.

SECTION A Visual Stimuli

Making Shortcrust pastry













© WJEC CBAC Ltd.

Examiner only

Section A

Answer **all** questions.

1. (a) Tick (✓) the box next to each statement to show if it is **True** or **False**. [3]

Pastry making	True	False
(i) The rubbing-in method is used to combine the fat and flour.		
(ii) Lard is used to enrich shortcrust pastry.		
(iii) Self-raising flour is used as it has a high gluten content.		

(b) State **two** binding agents that could be used when making shortcrust pastry. [2]

(i) .....

(ii) .....

(c) Name **one** other type of pastry. [1]

.....

(d) Give **two** rules to follow when making and preparing shortcrust pastry for a pie. [2]

(i) .....

.....

.....

(ii) .....

.....

.....

C560UA01
03

© WJEC CBAC Ltd.

Examiner only

(e) Explain why some pastry cases are 'baked blind'. [3]

(f) Describe the scientific changes that occur during the baking of pastry. [4]

© WJEC CBAC Ltd.

Section B

Answer **all** questions.

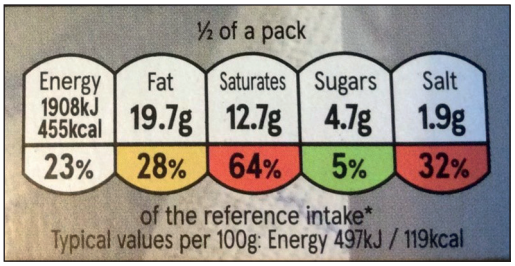
2. Study the information below for a fish pie.

White fish in a cheese sauce topped with mashed potato, cheddar cheese and breadcrumbs

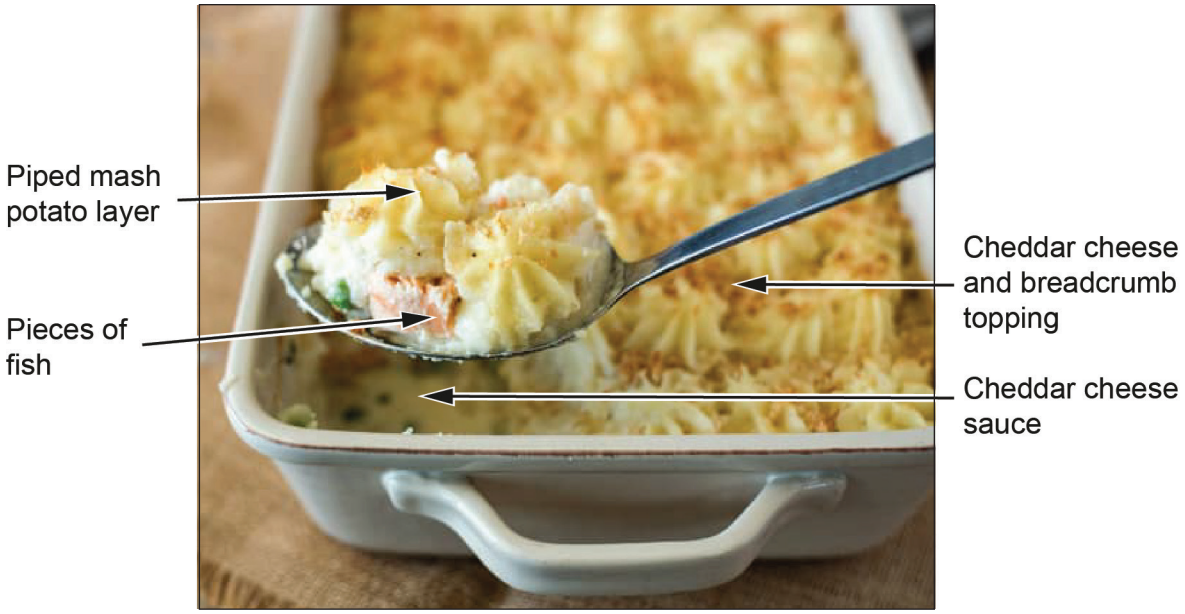
Ingredients list:

Potato
White fish
Whole milk
Single cream
Mature cheddar cheese
Cornflour
Parsley
Mustard seed
Wheat flour
Yeast
Sugar
Spices





A fish pie product



C560UA01
05

© WJEC CBAC Ltd.

Examiner only

(a) State **one** unit used to measure the energy content in foods. [1]

.....

(b) Name **one** ingredient found in the fish pie that is a source of carbohydrate. [1]

.....

(c) The fish pie is a layered product.
Outline **two** reasons why a sauce is used in a fish pie. [2]

(i) .....

.....

(ii) .....

.....

(d) The fish pie is a ready meal, prepared and processed in a factory.

(i) Give **two** reasons why piping is used as a finishing technique for the fish pie. [2]

1. .....

.....

2. .....

.....

(ii) Explain **one** reason why quality control is critical during the manufacture of the fish pie. [2]

.....

.....

.....

.....

.....

.....

© WJEC CBAC Ltd.

Examiner only

(e) Assess the use of the poaching method when cooking fish. [4]

© WJEC CBAC Ltd.

Examiner only

3. (a) Complete the table below by giving the missing names and uses: [4]

Tool/Equipment	Name	Use
	Piping bag	(i) ....
	Wooden spoon	(ii) ....
	(iii)	To drain liquid
	(iv)	To lift, mix, spread or combine ingredients

© WJEC CBAC Ltd.

Examiner only

(b) Handheld electric stick blenders are useful when preparing foods.
Give **two** reasons why stick blenders are useful in the kitchen. [2]

(i) .....

.....

(ii) .....

.....

(c) State **two** safety rules to follow when using electrical equipment. [2]

(i) .....

.....

.....

(ii) .....

.....

.....

(d) Microwave ovens are convenient and quick to use.
State **two** different uses of the microwave oven. [2]

(i) .....

.....

(ii) .....

.....

© WJEC CBAC Ltd.

Examiner only

4. (a) Mary is 65 years old and is worried about her health. The doctor has advised her to review her diet.

A sample of her food diary is shown below.

Breakfast	A fried egg and rasher of bacon 1 slice of toast with butter A cup of tea with milk and sugar
Mid-morning snack	A cup of coffee with milk and sugar 2 biscuits
Lunch	Cheese and tomato sandwich 1 apple A cup of tea with milk and sugar
Mid-afternoon snack	A cup of tea with milk and sugar A scone with butter and jam
Evening meal	Roast chicken Roast potatoes Cauliflower Gravy Seasoning Fruit crumble Custard A cup of tea with milk and sugar
Bedtime snack	A cup of tea with milk and sugar 2 biscuits

Suggest **four** modifications Mary could make to her food diary to make it more healthy. [4]

(i) .....

.....

(ii) .....

.....

(iii) .....

.....

(iv) .....

.....

© WJEC CBAC Ltd.

Examiner only

(b) Evaluate the consequences of poor nutrition and discuss how following current **healthy eating guidelines** could help improve Mary's health. [10]

© WJEC CBAC Ltd.

Examiner only

5. Vegetarianism has become very popular.

(a) Give **two** reasons why people choose to follow a vegetarian diet. [2]

(i) .....

.....

.....

(ii) .....

.....

.....

(b) Describe the differences between a vegan diet and a lacto-ovo diet. [4]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

© WJEC CBAC Ltd.

Examiner only

(c) Discuss the benefits of using alternative protein foods when meal planning. [4]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

(d) Additives are used in food production.

(i) Name **two** types of food additives [2]

I. .....

II. .....

(ii) Explain **one** benefit to the manufacturer of using food additives in their products. [2]

.....

.....

.....

.....

.....

.....

© WJEC CBAC Ltd.

Examiner only

6. Micronutrients are essential for good health.

(a) Give **two** good sources of vitamin A. [2]

(i) .....

(ii) .....

(b) Outline the symptoms of iron-deficiency anaemia. [2]

.....

.....

.....

.....

.....

.....

(c) Using examples, describe how the loss of water soluble vitamins can be reduced when preparing and cooking food. [6]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

© WJEC CBAC Ltd.

Examiner only

.....

.....

.....

.....

.....

.....

© WJEC CBAC Ltd.

Examiner only

7. Water is essential for life.

(a) State the recommended intake of water per day. [1]

.....

(b) Give **two** functions of water in our diet. [2]

(i) .....

.....

(ii) .....

.....

(c) The body needs energy to function properly.
Name **two** nutrients that provide energy in the diet. [2]

(i) .....

(ii) .....

(d) Explain how complementary nutrients work. Use examples in your answer. [8]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

© WJEC CBAC Ltd.

Examiner only

© WJEC CBAC Ltd.

Examiner only

8. You have just completed a food hygiene course enabling you to work in a café.

(a) Name **two** food poisoning bacteria. [2]

(i) .....

(ii) .....

(b) Discuss why the employees of the café must follow good **food** safety and hygiene practices and give examples of how this can be achieved. [10]

© WJEC CBAC Ltd.

Examiner only

END OF PAPER

© WJEC CBAC Ltd.

Question number	Additional page, if required. Write the question number(s) in the left-hand margin.

Examiner only

© WJEC CBAC Ltd.