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# TGAU Bwyd a Maeth GCSE Food & Nutrition



## ADNODDAU/ RESOURCES



Unit 1

- 1.1 Food commodity groups
- 1.2 Nutrients for a balanced diet
- 1.3 Diet and health
- 1.4 Cooking food
- 1.5 Food spoilage
- 1.6 From field to fork

Uned 1

- 1.1 Grwpiau cynwyddau bwyd
- 1.2 Maetholion ar gyfer deiet cytbwys
- 1.3 Deiet ac iechyd
- 1.4 Coginio bwyd
- 1.5 Dirywiad bwyd
- 1.6 O'r fferm i'r fforc

# 1.1 Grwpiau cynwyddau Bwyd/Food commodity groups

Heb eu ardystio gan CBAC ond efallai yn ddefnyddiol. Not endorsed by WJEC but may be useful

- Bwydydd carbohydrad, fel ffibr, startsh a siwgr
- Bwydydd llaeth a dewisiadau eraill
- Brasterau ac olewau
- Bwydydd protein fel wyau, pysgod a chig
- Ffrwythau a llysiau

- Carbohydrate foods, such as fibre, starch and sugar
- Dairy foods and alternatives
- Fats and oils
- Protein foods such as eggs, fish and meat
- Fruits and vegetables

## [Food commodities \(14-16 Years\) - Food A Fact Of Life](#)

<https://www.foodafactoflife.org.uk/media/9853/cereals-and-rice-ko-14-16fc.docx>

<https://www.foodafactoflife.org.uk/media/uosnwml5/food-commodities-ko-14-16-dairy.docx>

<https://www.foodafactoflife.org.uk/media/anzh3rdz/fish-and-shellfish-ko-14-16fc.docx>

<https://www.foodafactoflife.org.uk/media/bbopqtox/fruit-and-veg-ko-1416.docx>

<https://www.foodafactoflife.org.uk/media/qcyd0nuu/meat-ko-14-16fc.docx>

<https://www.foodafactoflife.org.uk/media/9851/potatoes-ko-1416fc.docx>

[Home | HCC / Meat Promotion Wales](#)

[Fish in School Hero Programme | Seafood | Education | Fish Focus](#)

[Egg Health, Nutrition, Research and Resources | Official Egg info](#)

[Home - NFU Education \(nfuonline.com\)](#)

[Vegetarian & Vegan Products, Meat Free Recipes & News | Quorn](#)

[The Vegetarian Society UK \(vegsoc.org\)](#)

[Publications | Dairy UK \(milk.co.uk\)](#)

[| STEM](#)

## 1.2 Maetholion ar gyfer deiet cytbwys/Nutrients for a balanced diet

### Adnoddau CBAC/WJEC Resources

[https://resource.download.wjec.co.uk/vtc/2016-17/16-17\\_2-41/eng/unit\\_1/index.html](https://resource.download.wjec.co.uk/vtc/2016-17/16-17_2-41/eng/unit_1/index.html)

[https://resource.download.wjec.co.uk/vtc/2019-20/KO19-20\\_1-43/principles-of-nutrition.pdf](https://resource.download.wjec.co.uk/vtc/2019-20/KO19-20_1-43/principles-of-nutrition.pdf)

[https://resource.download.wjec.co.uk/vtc/2019-20/KO19-20\\_1-43/eatwell-guide.pdf](https://resource.download.wjec.co.uk/vtc/2019-20/KO19-20_1-43/eatwell-guide.pdf)

[https://resource.download.wjec.co.uk/vtc/2019-20/KO19-20\\_1-43/diet-and-lifestyle.pdf](https://resource.download.wjec.co.uk/vtc/2019-20/KO19-20_1-43/diet-and-lifestyle.pdf)

[https://resource.download.wjec.co.uk/vtc/2019-20/KO19-20\\_1-43/diet-and-lifestyle.pdf](https://resource.download.wjec.co.uk/vtc/2019-20/KO19-20_1-43/diet-and-lifestyle.pdf)

Heb eu ardystio gan CBAC ond efallai yn ddefnyddiol. Not endorsed by WJEC but may be useful

<https://www.bbc.co.uk/bitesize/guides/ztw3y4j/revision/1>

<https://www.bbc.co.uk/bitesize/guides/zqj66yc/revision/1>

[www.bbc.co.uk/bitesize/guides/znnqghv/revision/2](http://www.bbc.co.uk/bitesize/guides/znnqghv/revision/2)

[www.bbc.co.uk/bitesize/guides/znnqghv/revision/3](http://www.bbc.co.uk/bitesize/guides/znnqghv/revision/3)

<https://www.foodafactoflife.org.uk/media/9847/macronutrients-fibre-and-water-14-16-kohe.docx>

<https://www.foodafactoflife.org.uk/media/9848/micronutrients-14-16-kohe.docx>

<https://www.foodafactoflife.org.uk/media/9858/eatwell-guide-ko-11-16he.docx>

<https://www.foodafactoflife.org.uk/media/9846/energy-and-activity-14-16-kohe.docx>

<https://www.bbc.co.uk/bitesize/guides/zqj66yc/revision/1>

<https://www.bbc.co.uk/bitesize/guides/z8rqw6f/revision/1>

[The Eatwell Guide - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

[Eat well - NHS \(www.nhs.uk\)](http://www.nhs.uk)

- Macrofaetholion
- Microfaetholion
- Dŵr a ffibr

- Macronutrients
- Micronutrients
- Water & Fibre

## 1.3 Deiet ac Iechyd/Diet and Health

Heb eu ardystio gan CBAC ond efallai yn ddefnyddiol. Not endorsed by WJEC but may be useful

- Sut mae anghenion maeth yn newid dros gamau bywyd.
- Anghenion maeth unigolion ag anghenion dietegol neu ddiffygion penodol.
- Tueddiadau presennol sy'n ymwneud â materion deiet yng Nghymru

- How nutritional needs change over the life stages.
- Nutritional needs of individuals with specific dietary needs or deficiencies.
- Current trends relating to dietary issues in Wales

1.3.1

<https://www.foodafactoflife.org.uk/14-16-years/healthy-eating-14-16-years/nutritional-needs-through-life-14-16-years>

[Health issues \(14-16 Years\) - Food A Fact Of Life](#)

<https://www.bbc.co.uk/bitesize/guides/z7yttv4/revision/1>

<https://www.bbc.co.uk/bitesize/guides/zk92msg/revision/1>

1.3.2

<https://www.bbc.co.uk/bitesize/guides/z23yfcw/revision/1>

[The NHS website - NHS \(www.nhs.uk\)](#)

[Food allergy and intolerance | Food Standards Agency](#)

[Diabetes UK - Know diabetes. Fight diabetes. | Diabetes UK](#)

[www.bhf.org.uk](http://www.bhf.org.uk)

1.3.3

<https://www.foodafactoflife.org.uk/media/zmmalrhu/knowledge-organiser-wfcf-ko-1416fc-v2.docx>

<https://www.foodafactoflife.org.uk/media/9849/food-choice-14-16-koca.docx>

<https://www.foodafactoflife.org.uk/media/9850/food-labelling-and-health-claims-14-16-koca.docx>

[Food choice - Food A Fact Of Life](#)

[Consumer awareness - Food A Fact Of Life](#)

<https://www.foodafactoflife.org.uk/14-16-years/consumer-awareness-14-16-years/food-labelling/>

[Where food comes from \(14-16 Years\) - Food A Fact Of Life](#)

<https://www.bbc.co.uk/bitesize/guides/z7fw7p3/revision/1>

<https://www.bbc.co.uk/bitesize/guides/ztqhh39/revision/1>

## 1.4 Coginio bwyd/ Cooking food

- Pam rydym yn coginio bwyd.
- Dulliau trosglwyddo gwres.
- Dulliau coginio.

- Why we cook food.
- Methods of heat transfer.
- Cooking methods.

### Adnoddau CBAC/WJEC Resources

[effect-of-cooking-on-food.pdf \(wjec.co.uk\)](#)  
[Resource WJEC Educational Resources Website](#)

Heb eu ardystio gan CBAC ond efallai yn ddefnyddiol. Not endorsed by WJEC but may be useful

[Cooking resources \(14-16 Years\) - Food A Fact Of Life](#)  
[| STEM](#)

[How is heat transferred during cooking? \(scienceofcooking.com\)](#)

## 1.5 Dirywiad Bwyd/Food Spoilage

- Storio a rheoli tymheredd.
- Hylendid a diogelwch.
- Cadwoli.
- Gwenwyn bwyd.

- Storage and temperature control.
- Hygiene and safety.
- Preservation.
- Food poisoning.

### Adnoddau CBAC/WJEC Resources

[https://resource.download.wjec.co.uk/vtc/2019-20/KO19-20\\_1-43/food-spoilage.pdf](https://resource.download.wjec.co.uk/vtc/2019-20/KO19-20_1-43/food-spoilage.pdf)

Heb eu ardystio gan CBAC ond efallai yn ddefnyddiol. Not endorsed by WJEC but may be useful

<https://www.bbc.co.uk/bitesize/guides/zndnsrd/revision/1>

[www.bbc.co.uk/bitesize/guides/z77v3k7/revision/1](http://www.bbc.co.uk/bitesize/guides/z77v3k7/revision/1)

[Food safety \(14-16 Years\) - Food A Fact Of Life](#)

<https://www.foodfactoflife.org.uk/media/9842/food-spoilage-contamination-and-poisoning-14-16-koc.docx>

<https://www.foodfactoflife.org.uk/media/9843/good-food-hygiene-practices-14-16-koc.docx>

[Homepage | Food Standards Agency](#)

[Food preservation | Definition, Importance, & Methods | Britannica](#)

[| STEM](#)



## 1.6 O'r fferm i'r fforc/From field to fork

- Tarddiad bwyd.
- Bwyd a'r amgylchedd.
- Prosesu bwyd cynradd ac eilaidd.

- Food origin.
- Food and the environment.
- Primary and secondary food processing.

### Adnoddau CBAC/WJEC Resources

[GCSE Food and Nutrition](#)

Heb eu ardystio gan CBAC ond efallai yn ddefnyddiol. Not endorsed by WJEC but may be useful

[Where food comes from \(14-16 Years\) - Food A Fact Of Life](#)

[www.bbc.co.uk/bitesize/guides/zks8jty/revision/1](http://www.bbc.co.uk/bitesize/guides/zks8jty/revision/1)

[www.bbc.co.uk/bitesize/guides/zks8jty/revision/3](http://www.bbc.co.uk/bitesize/guides/zks8jty/revision/3)

[www.bbc.co.uk/bitesize/guides/zks8jty/revision/2](http://www.bbc.co.uk/bitesize/guides/zks8jty/revision/2)

[seasonal eating - BBC Bitesize](#)

[Food processing - BBC Bitesize](#)

[What Are Food Miles? | Connect4Climate](#)

[Seasonal calendar - BBC Good Food](#)

[Traditional Welsh dishes | Wales.com](#)

[BBC Two - Inside the Factory - Available now](#)

[Farming techniques - Food production - AQA - GCSE Biology \(Single Science\) Revision - AQA - BBC Bitesize](#)

[Home - NFU Education \(nfuonline.com\)](#)

[Household Food and Drink Waste in Wales 2021-22 | WRAP \(wrapcymru.org.uk\)](#)

# Uned 2 Yr Ymchwiliad Bwyd/Unit 2 The Food Investigation

- Gwyddor bwyd.
- Cynllunio arbrofion gwyddor bwyd.
- Gwyddor bwyd ar waith.

- The science of food.
- Planning food science experiments.
- Food science in action.

## Adnoddau CBAC/WJEC Resources

### [GCSE Food and Nutrition](#)

<https://www.wjec.co.uk/media/115pjql0/work-smarter-not-harder-nea-1-wjec-final-version.pptx>

Heb eu ardystio gan CBAC ond efallai yn ddefnyddiol. Not endorsed by WJEC but may be useful

### [Gwyddor bwyd \(14-16 oed\) – ‘Food A Fact of Life’](#)

[Food investigation: how to begin a food investigation | Institute of Food Science and Technology \(ifst.org\)](#)

## Uned 3 Bwyd a Maeth ar waith/Unit 3 Food & Nutrition in action

- Ffactorau sy'n effeithio ar ddewisiadau bwyd.
- Technegau cynllunio, paratoi a choginio bwyd
- Coginio ar gyfer cynulleidfa a phwrpas.

- Factors affecting food choices.
- Food planning, cooking and preparation techniques.
- Cooking for an audience and purpose.

### Adnoddau CBAC/WJEC Resources

<https://www.wjec.co.uk/media/tbufmvbx/upskilling-recipes.pptx>  
<https://www.wjec.co.uk/umbraco/surface/blobstorage/download?nodeId=50748>  
<https://www.wjec.co.uk/umbraco/surface/blobstorage/download?nodeId=5380>  
[https://resource.download.wjec.co.uk/vtc/2016-17/16-17\\_2-41/eng/unit\\_2/index.html](https://resource.download.wjec.co.uk/vtc/2016-17/16-17_2-41/eng/unit_2/index.html)  
[https://resource.download.wjec.co.uk/vtc/2016-17/16-17\\_2-41/eng/unit\\_1/index.html](https://resource.download.wjec.co.uk/vtc/2016-17/16-17_2-41/eng/unit_1/index.html)  
[GCSE Food and Nutrition](#)

Heb eu ardystio gan CBAC ond efallai yn ddefnyddiol. Not endorsed by WJEC but may be useful

[Gwyddor bwyd \(11-14 oed\) – 'Food A Fact of Life'](#)  
[Gwyddor bwyd \(14-16 oed\) – 'Food A Fact of Life'](#)  
[Ryseitiau – 'Food A Fact Of Life'](#)  
[Fideos coginio \(14-16 Years\) – Food A Fact Of Life](#)

# Canllawiau Addysgu Guidance for Teaching

## SAM/DAE

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[TGAU Bwyd a Maeth](#)

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