

# GCSE Food Preparation & Nutrition - 4 Week Revision Planner

## Week 1: Food Science & Practical Skills

Day	Topic	Done	Notes
Day 1	Day 1: Swiss roll method – key preparation tasks	[ ]	
Day 2	Day 2: Scientific changes during baking	[ ]	
Day 3	Day 3: Practice Q1 parts (a–e)	[ ]	
Day 4	Day 4: Practical demo or video analysis	[ ]	
Day 5	Day 5: Review & self-test	[ ]	

## Week 2: Nutrition & Health

Day	Topic	Done	Notes
Day 1	Day 1: Healthy eating guidelines	[ ]	
Day 2	Day 2: Water – functions & importance	[ ]	
Day 3	Day 3: Vitamin D – sources & deficiency	[ ]	
Day 4	Day 4: Micronutrients & minerals	[ ]	
Day 5	Day 5: Practice Q2 full answer	[ ]	

## Week 3: Food Safety & Cost Management

Day	Topic	Done	Notes
Day 1	Day 1: Food contamination types	[ ]	
Day 2	Day 2: Preservation methods	[ ]	
Day 3	Day 3: Household budgeting	[ ]	
Day 4	Day 4: Cooking cost-saving tips	[ ]	
Day 5	Day 5: Practice Q3 & Q4	[ ]	

## Week 4: Processing, Additives & Health Issues

Day	Topic	Done	Notes
Day 1	Day 1: Milk types & pasteurisation	<input type="checkbox"/>	
Day 2	Day 2: Lactose intolerance & recipe mods	<input type="checkbox"/>	
Day 3	Day 3: Fortification – meaning & examples	<input type="checkbox"/>	
Day 4	Day 4: Additives – positive uses	<input type="checkbox"/>	
Day 5	Day 5: Saturated fat – health risks & prevention	<input type="checkbox"/>	