

# 7-Week Revision Plan: Eduqas GCSE Food Preparation & Nutrition

## Week 1: Food Commodities

### Topics:

- Bread, cereals, rice, pasta, potatoes
- Fruit and vegetables
- Milk, cheese, yoghurt
- Meat, fish, poultry, eggs
- Practical: Prepare dishes using at least two commodity groups

### Short-answer Questions:

Q: Explain why potatoes are considered a valuable commodity in the diet. (4 marks)

#### Mark Scheme:

- High in carbohydrates (energy source) – 1 mark
- Contains dietary fibre (aids digestion) – 1 mark
- Source of vitamins/minerals (e.g., vitamin C, potassium) – 1 mark
- Low cost and versatile in cooking – 1 mark

Q: Describe two methods of storing fresh fruit to prevent spoilage. (2 marks)

#### Mark Scheme:

- Refrigeration slows enzyme activity – 1 mark
- Keep in breathable packaging to reduce mould growth – 1 mark

### Extended-response Question:

Q: Discuss the impact of incorrect storage of meat on food safety. (8 marks)

#### Mark Scheme:

- Risk of bacterial growth (salmonella, E.coli) – 2 marks
- Cross-contamination risk – 2 marks
- Temperature control importance – 2 marks

- Consequences: food poisoning symptoms – 2 marks

## Week 2: Principles of Nutrition

### Topics:

- Macronutrients: Protein, fats, carbohydrates
- Micronutrients: Vitamins and minerals
- Water and dietary fibre

### Short-answer Questions:

Q: State two functions of protein in the body. (2 marks)

#### Mark Scheme:

- Growth and repair of tissues – 1 mark
- Production of enzymes and hormones – 1 mark

Q: Name two sources of Vitamin C. (2 marks)

#### Mark Scheme:

- Citrus fruits – 1 mark
- Peppers – 1 mark

### Extended-response Question:

Q: Evaluate the consequences of a diet high in saturated fat. (8 marks)

#### Mark Scheme:

- Increased risk of CHD – 2 marks
- Raises LDL cholesterol – 2 marks
- Impact on overall health – 2 marks
- Reference to dietary guidelines – 2 marks