

## Yr 10 Food Preparation and Nutrition

**Exam Board: AQA**

**Invigilated Paper**

**Areas to focus on are:**

- Food safety and hygiene.
- Nutrition and dietary related diseases.
- Dietary fibre.
- Food science related to pastry, sauces and raising agents.

There are 74 marks available.

Multiple choice questions are worth 20 marks. These will be on all the topics we have covered this year.

Longer answer questions are based on the topics listed above and are worth another 54 marks.

**Exam Length: 1 hour 15 minutes**

**Useful revision resources:**

Revision guides can be purchased from school. We have the CGP GCSE Food Preparation and Nutrition Revision Guide (£4.50) or the My Revision Notes Food Preparation and Nutrition Guide (£9.99). Another good book available online is the Illuminate Revision Guide by Anita Tull ISBN: 978-1908682802.

Seneca Learning is really useful and has some wonderful videos to help. GCSEPod is also another great resource.

The booklets you have completed this year have all the notes that you will need. Use any blank questions in the booklets as revision tools.