

Yr 11 Food Preparation and Nutrition Mock Revision Guidance

Exam Board: AQA

MOCK EXAM SERIES 2023

There are 5 topics that you will be examined on:

- Food, nutrition and health (P14 -17 of the specification)
- Food science (P18 - 21)
- Food safety (P22 - 25)
- Food choice (P26 - 28)
- Food provenance (P29 - 31)

Areas to focus on are:

- Food storage and preparation.
- Food safety and hygiene.
- Factors affecting food choice.
- Recipe modification
- Sensory evaluation/sensory testing methods
- Microorganisms in food production – Cheese making
- Dietary related diseases
- Seasonality
- Food packaging
- Food science (protein, carbohydrates and fats)
- Faults in baked products

There are 100 marks available.

Multiple choice questions are worth 20 marks.

Longer answer questions, worth another 80 marks.

Exam Length: 1 hour 45 minutes

Exam Weighting: 50% of overall grade

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 revision booklets you are using in class are also very useful and additional resources such as mind maps and flash cards will be an advantage.