

Yr 11 Food Preparation and Nutrition

Exam Board: AQA

Invigilated Paper

Areas to focus on are:

- Food storage and preparation.
- Food safety and hygiene.
- Food, nutrition and health - macronutrients.
- Preserving micronutrients when using different cooking techniques.
- Nutrition and dietary related diseases.
- Recipe modification.
- Different methods of heat transfer.
- Local, seasonal and Fairtrade food.

There are 76 marks available.

Multiple choice questions are worth 20 marks.

Longer answer questions, worth another 56 marks.

Exam Length: 1 hour 15 minutes

Open Book Assessment

The open book assessment will be a Food Science based assessment. This will look at food production techniques, functional and chemical properties of ingredients in baked products/ dough.

There are 24 marks available.

Time available: 30 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 revision booklets you are using in class are also very useful and additional resources such as mind maps and the honeycomb revision technique are regularly posted on Google Classroom. Remember to go back and look at all the PPTs we have used this year to help with your recall too.

The exam question questions we did in lockdown will help you to structure your answers. All the live lessons and PPTs are still available on Google Classroom so I would recommend doing a bit of catch up on these if you missed the lessons.

