

# Yr 11 Food Preparation and Nutrition Mock Revision Guidance

**Exam Board: AQA**

**Mock Exam Paper**

**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:**

- Personal hygiene
- Food safety
- Dietary fibre
- Nutrients and their role in the body
- Pastry and sauce production
- Raising agents
- Heat treatment of milk
- Organic and GM foods
- Food additives

**There are 100 marks available.**

**Multiple choice questions are worth 20 marks.**

**Plus 5 questions, each with sub 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.

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.