

# Yr 11 Food Preparation and Nutrition Mock Revision Guidance

**Exam Board: AQA**

**Mock Exam Paper 2021**

**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.
- Cross contamination.
- High and low biological value proteins.
- Preserving vitamins when cooking.
- Secondary processing: Cheese.
- Nutrition and dietary related diseases.
- Starchy carbohydrates and their role in the body.
- Faults in baked products.
- Different methods of heat transfer.
- Local and seasonal ingredients.
- Food marketing and the influence on food choice.

**There are 75 marks available.**

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

**Longer answer questions, worth another 55 marks.**

**Exam Length: 1 hour 15 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 the honeycomb revision technique are regularly posted on Microsoft Teams.