

GCSE Food Preparation and Nutrition Revision List Year 11 NOVEMBER MOCK

Exam information:

Materials:

For this paper you must have:

- A black pen
- A pencil

The exam is broken up into two sections, Section A contains 20 Multiple Choice Questions. Section B is a combination of short and long answers and worth 80 marks. There is a total of 100 marks for this paper. You must answer all questions in this paper. You have 105 minutes for the exam.

Topic	Revised?
Cooking Methods & Heat Transfer	
Religious & Cultural Food Choices	
Food Safety & Microorganisms	
Proteins & Protein Complementation	
Vitamins and Minerals – functions and sources of fat soluble, water soluble and antioxidants	
Eatwell Guide & Healthy Eating Guidelines	
Food Science – structure and functional & chemical properties of proteins, fats and carbohydrates	
Food Labelling & Legal Requirements	
Food Safety – Key Temperatures	
Energy needs and nutritional requirements	
Food spoilage and preservation	
Food Science – mixtures and raising agents	
Factors affecting Food Choice	
Food Provenances & Sustainability	
Food Safety in preparing, serving, storing and cooking food	
Baking faults	
Enzymic browning	
Fortification	

Revision Links

Go onto TEAMS to access GCSEpods, past paper questions, flash cards, mind-maps and Year 10 PowerPoints

Seneca Learning is also a good revision resource.

Aspire for GREATNESS! What Mark should you aim for to get your Target Grade?

Max	9	8	7	6	5	4	3	2	1
100	86	77	69	61	53	46	36	26	16