

Yr 11 Food Preparation and Nutrition Mock Revision Guidance

Exam Board: AQA

March 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:

- Vitamins and minerals – functions, effects of cooking, sources
- Cooking methods
- Food hygiene
- Food preparation
- Food safety
- Food temperatures
- Primary processing – milling
- Functions of ingredients
- Packaging
- Anaemia

There are 50 marks available. This is a part paper.

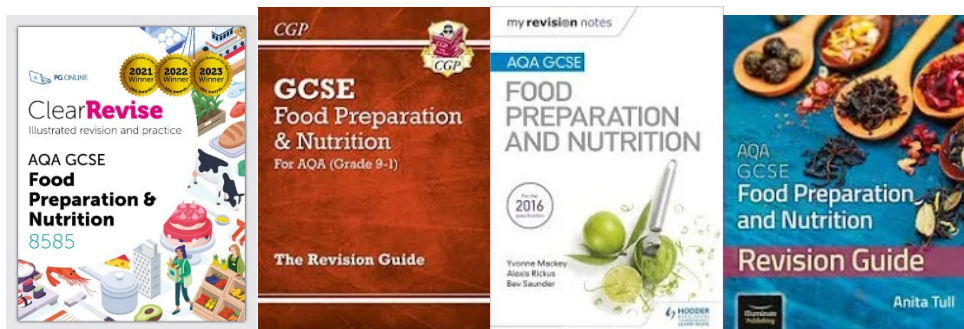
Multiple choice questions are worth 10 marks.

Longer answer questions, worth another 40 marks.

Exam Length: 50 minutes

Exam Weighting: In the real exam it is /100 and worth 50% of overall grade

Useful revision resources:



Seneca Learning is really useful and has some wonderful videos to help. GCSEPod is also another great resource. All GCSEpod videos have been downloaded and uploaded onto TEAMS.

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.