

Yr 10 Food Preparation and Nutrition

Exam Board: AQA

Invigilated Paper

Areas to focus on are:

- Food safety and hygiene related to storage, preparing, cooking, and serving.
- Food choices related to different consumer groups.
- 5 a day campaign.
- Healthy eating guidelines.
- Nutrition and dietary related diseases.
- Dietary factors linked to osteoporosis. Nutritional advice for improved bone health.
- Food science related to bread, pastry, and starch-based sauces.
- Dietary fibre.
- Jam making.
- Free range foods. Advantages and disadvantages.

There are 100 marks available.

Multiple choice questions are worth 20 marks. These will be on all the topics we have covered this year.

Longer answer questions are based on the topics listed above and are worth another 80 marks.

Exam Length: 1 hour 45 minutes

Useful revision resources:

Your Unit 1 to 5 booklets have fantastic information in there – make sure you have filled in all the gaps, so everything is covered.

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.