

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:

- **Fish – food safety, sustainability, nutritional benefits.**
- **Food safety temperatures.**
- **Nutrients and healthy eating guidelines.**
- **Functions of macronutrients in the diet.**
- **Protein complementation.**

There are 54 marks available. This is a part paper.

Multiple choice questions are worth 20 marks.

Longer answer questions, worth another 34 marks.

Exam Length: 55 minutes

Exam Weighting: In the real exam it is /100 and worth 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.