|  |  |
| --- | --- |
| **GCSE Food Preparation & Nutrition** Revision List Summer 2025 | |
| Exam information:  **Exam Board:** AQA (8575)  **Paper Information:** 1 paper which will include MCQs and Short and Long answer questions related to the 5 core areas covered this year.  **Paper marks:** 71 marks  **Duration:** 1 hour | |
| **Topics to study.** | **Revised?** |
| **Food Nutrition and Health** – proteins, carbohydrates, fats, vitamins minerals, dietary health conditions & the Eatwell Guide/8 healthy eating guidelines. |  |
| **Food Science:** Heat transfer, cooking methods, protein science, fats science, carbohydrates science and Raising Agents. |  |
| **Food Safety:** Key food safety temperatures, food poisoning bacteria, contamination (physical, biological and chemical), temperature probes, storage, preparation and cooking of food. |  |
| **Food Choice:** life stages, religion, sensory testing methods. |  |
| **Food Provenance:** organic/ free-range farming, primary and secondary processing milk and cheese) Heat treatment methods milk. |  |
| **Revision Links/resources** | |
| * Seneca Learning * GCSEpods (on Teams) * PowerPoints (on Teams) * Past paper questions and mark-schemes (on Teams) * Knowunity * Quizlet * Clear revise GCSE Food Preparation & Nutrition revision guide. | |