



GCSE Food Preparation
& Nutrition

Revision Timetable

2023-2024

You have access to SENECA, the online coursework handbook and the revision guide provided to you at the beginning of the academic year. N.B. Login details for the coursework handbook are on Teams.

Exam Date 19th June 2024 am
1hr 45 mins

Date	Topic or theme	Revision Materials and Links
w/c 1 st April 2024	Nutrients – Protein, Carbohydrates, Fats	<p>Pages 6 – 17 of GCSE Food Preparation and Nutrition Revision Guide.</p> <p><i>N.B. Make sure you know the types of each nutrient e.g. HBV and LBV protein, saturated and unsaturated fats, etc.</i></p> <p>Protein - Macronutrients – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize</p>
w/c 8 th April 2024	<p>Nutrients – Minerals, Vitamins, Water</p> <p>Nutritional Modification and Fortification</p>	<p>Pages 18 – 23 of GCSE Food Preparation and Nutrition Revision Guide</p> <p>Multiple choice challenge – Pg 24-25 of GCSE Food Preparation and Nutrition Revision Guide (answers on Pg 146 onwards)</p> <p><i>N.B. Make sure you know what food contains what vitamin or mineral and what happens if you have a deficiency.</i></p> <p>Vitamin A - Micronutrients – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize</p> <p>Vitamins and minerals - NHS (www.nhs.uk)</p> <p>Water - Water and fibre – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize</p> <p>Hydration Design and Technology - Food Preparation and Nutrition (youtube.com)</p> <p>Pages 136 – 137 of GCSE Food Preparation and Nutrition Revision Guide What is food fortification? - Food additives and fortification – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize</p>
w/c 15 th April 2024	Nutritional Needs and Health – Dietary Guidelines and planning meals for different age groups and different diets/ specific groups	<p>Pages 27 – 34 of GCSE Food Preparation and Nutrition Revision Guide</p> <p><i>N.B. Make sure you know what the guidelines are for each age group, what they should and shouldn't do, etc.</i></p> <p>Eight tips for healthy eating - Food and nutrition for good health – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize</p>

Learn to succeed

		<p>The Eatwell Guide - Nutrition & food - GCSE Hospitality (CCEA) Revision - BBC Bitesize</p> <p>Eatwell Guide (publishing.service.gov.uk)</p> <p>Vegetarians - Vegetarians and vegans – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize</p>
w/c 22 nd April 2024	Nutritional Needs and Health – Energy, BMR and PAL, energy dense foods, modifying recipes to meet dietary guidelines	<p>Pages 35 – 42 of GCSE Food Preparation and Nutrition Revision Guide <i>N.B. Make sure you know the names, causes and effects on the body for each diet related disease.</i></p> <p>Priority health issues at a glance - Priority health issues – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize</p> <p>Multiple choice challenge and knowledge check – Pg 44-46 of GCSE Food Preparation and Nutrition Revision Guide (answers on Pg 146 onwards)</p>
w/c 29 th April 2024	Cooking of Food and Heat Transfer	<p>Pages 47 – 55 of GCSE Food Preparation and Nutrition Revision Guide</p> <p><i>N.B. Make sure can give examples of convection, conduction, radiation and different methods of cooking.</i></p> <p>Cooking methods - Special diets - GCSE Hospitality (CCEA) Revision - BBC Bitesize</p> <p>Fun Kitchen investigates heat transfer and sauce making for AQA (youtube.com)</p> <p>Multiple choice challenge and knowledge check – Pg 56-57 of GCSE Food Preparation and Nutrition Revision Guide (answers on Pg 146 onwards)</p>
w/c 6 th May 2024	Functional and Chemical Properties of Food	<p>Pages 58 – 72 of GCSE Food Preparation and Nutrition Revision Guide</p> <p><i>N.B. be able to define gluten, how it's formed, how a foam is formed, what coagulation is, the process of dextrinisation, caramelisation and gelatinisation and, in relation to fat, what shortening, plasticity, aeration and emulsification are.</i></p> <p>Fun Kitchen investigates how raising agents work for AQA (youtube.com)</p> <p>Multiple choice challenge and knowledge check – Pg 73-74 of GCSE Food Preparation and Nutrition Revision Guide (answers on Pg 146 onwards)</p>

Learn to succeed

w/c 13 th May 2024	<p>Food Spoilage and Contamination</p> <p>Principles of Food Safety</p>	<p>Pages 75 – 85 of GCSE Food Preparation and Nutrition Revision Guide. <i>N.B. know what yeasts and microorganisms do, be able to list temperatures from Pg 82</i></p> <p>How to Stock Your Belling Fridge (youtube.com)</p> <p>Multiple choice challenge and knowledge check – Pg 86 -87 of GCSE Food Preparation and Nutrition Revision Guide (answers on Pg 146 onwards)</p> <p>Pages 88 – 92 of GCSE Food Preparation and Nutrition Revision Guide <i>N.B. know all the ways to prevent cross-contamination</i> Cross-contamination - Special diets - GCSE Hospitality (CCEA) Revision - BBC Bitesize</p> <p>Food Safety Design and Technology - Food Preparation and Nutrition (youtube.com)</p> <p>Multiple choice challenge and knowledge check – Pg 93-94 of GCSE Food Preparation and Nutrition Revision Guide (answers on Pg 146 onwards)</p>
w/c 20 th May 2024	Factors Affecting Food Choice – healthy eating, religion, allergen and intolerances, food labelling and marketing influence	<p>Pages 95 – 105 of GCSE Food Preparation and Nutrition Revision Guide Cultural/religious considerations - Special diets - GCSE Hospitality (CCEA) Revision - BBC Bitesize</p> <p>Ethical reasons - Special diets - GCSE Hospitality (CCEA) Revision - BBC Bitesize</p> <p>Food allergies and intolerance - Special diets - GCSE Hospitality (CCEA) Revision - BBC Bitesize</p> <p>Food labelling Design and Technology - Food Preparation and Nutrition (youtube.com)</p> <p>Multiple choice challenge and knowledge check – Pg 106 -107 of GCSE Food Preparation and Nutrition Revision Guide (answers on Pg 146 onwards) <i>N.B. Make sure you know about coeliac and lactose intolerances!</i></p>
w/c 27 th May 2024	Environmental Impact and Sustainability – intensive farming, organic, genetically modified, seasonal foods, environmental issues, food security and sustainability	<p>Pages 117 – 127 of GCSE Food Preparation and Nutrition Revision Guide Climate Change & Food Security Explained (youtube.com)</p> <p>Multiple choice challenge and knowledge check – Pg 128 -129 of GCSE Food Preparation and Nutrition Revision Guide (answers on Pg 146 onwards) <i>N.B. Make sure you know the definitions of all the key words in this section.</i></p>

Learn to succeed

w/c 3 rd June 2024	<p>Processing and Production – primary and secondary production of plant and animal based foods.</p> <p>The processing of wheat, milk.</p>	<p>Pages 130 – 132 of GCSE Food Preparation and Nutrition Revision Guide</p> <p>Food production Design and Technology - Food Preparation and Nutrition (youtube.com)</p> <p>Pages 133 – 134 of GCSE Food Preparation and Nutrition Revision Guide. <i>N.B. Make sure you know the stages of processing, the names of each process and relevant temperatures.</i></p> <p>Multiple choice challenge and knowledge check – Pg 138 of GCSE Food Preparation and Nutrition Revision Guide (answers on Pg 146 onwards)</p>
w/c 10 th June 2024	Past papers and exam technique	<p>AQA GCSE Food Preparation and Nutrition Assessment resources</p>
w/c 17 th June 2024	Past papers and exam technique	<p>AQA GCSE Food Preparation and Nutrition Assessment resources</p>