



# GCSE Food Preparation & Nutrition

Revision Timetable

2024-2025

You have access to SENECA and the online coursework handbook (CWH) N.B. Login details for the coursework handbook are on Teams.

Exam Date 17<sup>th</sup> June 2025 am  
1hr 45 mins

Date	Topic or theme	Revision Materials and Links
w/c 17 <sup>th</sup> February 2025	Macronutrients – Protein, Carbohydrates, Fats	Chapter 1 of CWH Pgs 2-19 Practice questions on Pg 21 <i>N.B. Make sure you know the types of each nutrient e.g. HBV and LBV protein, saturated and unsaturated fats, monosaccharides, disaccharides, non-starchy polysaccharides, etc.</i>  <a href="#">Protein - Macronutrients – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize</a>
w/c 24 <sup>th</sup> February 2025	Micronutrients – Minerals, Vitamins  Nutritional Modification and Fortification	Chapter 1 of CWH Pgs 22 – 34. Practice questions on Pgs 30 & 35 <i>N.B. Make sure you know what food contains what vitamin or mineral and what happens if you have a deficiency.</i> <a href="#">Vitamin A - Micronutrients – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize</a>  <a href="#">Vitamins and minerals - NHS (www.nhs.uk)</a>  Chapter 11 of CWH Pgs 284 – 286 Define and give examples of modification and fortification  <a href="#">What is food fortification? - Food additives and fortification – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize</a>
w/c 3 <sup>rd</sup> March 2025	Water	Chapter 1 of CWH Pgs 36 – 37 Practice Questions of Pg 37  <a href="#">Water - Water and fibre – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize</a>  <a href="#">Hydration   Design and Technology - Food Preparation and Nutrition (youtube.com)</a>
w/c 10 <sup>th</sup> March 2025	Nutritional Needs and Health – Dietary Guidelines and planning meals for different age groups and different diets/ specific groups	Chapter 2 pages 38 – 51 of CWH Practice questions Pg 55 <i>N.B. Make sure you know how to draw the Eatwell Guide, what the 8 dietary guidelines for all are (Pg 38) and what the specific guidelines are for each age group, what they should and shouldn't do, etc.</i>  <a href="#">Eight tips for healthy eating - Food and nutrition for good health – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize</a>

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		<p><a href="#">The Eatwell Guide - Nutrition &amp; food - GCSE Hospitality (CCEA) Revision - BBC Bitesize</a></p> <p><a href="#">Eatwell Guide (publishing.service.gov.uk)</a></p> <p><a href="#">Vegetarians - Vegetarians and vegans – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize</a></p>
w/c 24 <sup>th</sup> March 2025	Nutritional Needs and Health – Energy, BMR and PAL, energy dense foods, modifying recipes to meet dietary guidelines	<p>Chapter 2 pages 58 – 62 of CWH</p> <p><i>N.B. Make sure you know the definitions of BMR and PAL and can write confidently about energy balance.</i></p>
w/c 31 <sup>st</sup> March 2025	Diet, Nutrition and Health	<p>Chapter 2 pages 70 -76 of CWH Practice questions and stretch and challenge activity on Pg 77</p> <p><i>N.B. Make sure you know the names, causes and effects on the body for each diet related disease.</i></p> <p><a href="#">Priority health issues at a glance - Priority health issues – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize</a></p>
w/c 7 <sup>th</sup> April 2025	Cooking of Food and Heat Transfer	<p>Chapter 3 pages 78 – 89 of CWH Practice questions pg 90</p> <p><i>N.B. Make sure can give examples of convection, conduction, radiation and different methods of cooking.</i></p> <p><a href="#">Cooking methods - Special diets - GCSE Hospitality (CCEA) Revision - BBC Bitesize</a></p> <p><a href="#">Fun Kitchen investigates heat transfer and sauce making for AQA (youtube.com)</a></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>

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w/c 14th April 2025	Selecting appropriate cooking methods	<p>Chapter 3 pages 90 – 101 Practice questions on Pg 104 (you'll need some knowledge from chapter 4 to help you with these)</p> <p><i>N.B. be able to define all the different methods and know if they use moisture, oil, dry heat, induction or microwaving. Understand why and how vitamins and minerals can be lost or preserved when cooking.</i></p> <p><a href="#">Cooking of Food, Heat Transfer and Selecting Appropriate Cooking Methods - AQA GCSE Food Preparation</a></p>
w/c 21 <sup>st</sup> April 2025	Functional and Chemical Properties of Food - Proteins	<p>Chapter 4 pages 105 – 115 Practice questions page 115</p> <p><i>N.B. be able to define denaturation and coagulation, say how proteins can be denatured and explain how foams are formed. Be able to quote key temperatures.</i></p> <p><a href="#">Functional and chemical properties of food - Food A Fact Of Life</a></p>
w/c 28 <sup>th</sup> April 2025	Functional and Chemical Properties of Food – Carbohydrates	<p>Chapter 4 pages 116 - 125 Practice questions page 126</p> <p><i>N.B. be able to define gelatinisation, dextrinisation and caramelisation. Be able to quote key temperatures.</i></p> <p><a href="#">Functional and chemical properties of food - Food A Fact Of Life</a></p>
w/c 5 <sup>th</sup> May 2025	Functional and Chemical Properties of Food – Fats and Oils	<p>Chapter 4 pages 126 - 137 Practice questions page 140</p> <p><i>N.B. be able to define plasticity, shortening, aeration and emulsification. Know how butter is made (pg 136)</i></p> <p><a href="#">Functional and chemical properties of food - Food A Fact Of Life</a></p>
w/c 12 <sup>th</sup> May 2025	Functional and Chemical Properties of Food - Raising Agents	<p>Chapter 4 pages 140-151 Activity and practice questions on pg 154</p> <p><i>N.B. be able to state which are mechanical, biological and chemical raising agents, how they work and what products you'd find each one in.</i></p> <p><a href="#">Fun Kitchen investigates how raising agents work for AQA (youtube.com)</a></p> <p><a href="#">Functional and chemical properties of food - Food A Fact Of Life</a></p>

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w/c 19 <sup>th</sup> May 2025	<p>Food Spoilage and Contamination</p> <p>Principles of Food Safety</p>	<p>Chapter 5 and 6 Pages 161 – 200  Multiple choice challenge and knowledge – Pg 182, answers on 184  Do the activities on Pg 199, 200 and 201  <i>N.B. know what yeasts and microrganisms do, be able to list temperatures, know all the key words on Pg 199, be able to explain how to use a temperature probe, be able to state where and how things should be stored e.g. what shelf of a fridge.</i></p> <p><a href="https://www.youtube.com/watch?v=...">How to Stock Your Belling Fridge (youtube.com)</a></p> <p><i>N.B. know all the ways to prevent cross-contamination</i> <a href="#">Cross-contamination - Special diets - GCSE Hospitality (CCEA) Revision - BBC Bitesize</a></p> <p><a href="#">Food Safety   Design and Technology - Food Preparation and Nutrition (youtube.com)</a></p>
w/c 26 <sup>th</sup> May 2025	<p>Factors Affecting Food Choice – healthy eating, religion, allergen and intolerances, food labelling and marketing influence</p>	<p>Chapter 7 Pages 202 – 234  Practice questions page 236  <i>N.B. Make sure you know about intolerances in the diet and what each religion does and doesn't eat.  Know the laws on food labelling and be able to talk specifically about allergens.</i></p> <p><a href="#">Cultural/religious considerations - Special diets - GCSE Hospitality (CCEA) Revision - BBC Bitesize</a></p> <p><a href="#">Ethical reasons - Special diets - GCSE Hospitality (CCEA) Revision - BBC Bitesize</a></p> <p><a href="#">Food allergies and intolerance - Special diets - GCSE Hospitality (CCEA) Revision - BBC Bitesize</a></p> <p><a href="#">Food labelling   Design and Technology - Food Preparation and Nutrition (youtube.com)</a></p>
w/c 2 <sup>nd</sup> June 2025	<p>British and International Cuisine / Sensory evaluation</p>	<p>Chapters 8 and 9 Pages 237-254  Practice questions on pages 246 and 254</p> <p><i>N.B. Be able to write confidently about the food traditions of a variety of countries and define cuisine.  Be able to explain how the senses influence food choice.</i></p>

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w/c 9 <sup>th</sup> June 2025	<p>Environmental Impact and Sustainability – intensive farming, organic, genetically modified, seasonal foods, environmental issues, food security and sustainability</p> <p>Processing and production – primary and secondary production of plant and animal based foods incl. specific processes around wheat and milk</p> <p><b>NB there is a lot in this week as you have finished the majority of your other exams and can focus on this.</b></p>	<p>Chapter 10 Pages 255 – 273 Practice questions 262 and 269 <a href="#">Climate Change &amp; Food Security   Explained (youtube.com)</a></p> <p><i>N.B. Make sure you know the definitions of all the key words in this section – there are lots! Particularly pay attention to explaining the differences between organic and genetically modified foods.</i></p> <p>Chapter 11 Pages 274 – 289 Practice questions pages 283 and 289</p> <p><i>N.B. Make sure you know the stages of processing, the names of each process and relevant temperatures. Pay particular attention to how wheat is turned into flour (Pg 276), how milk is made ready for sale incl. temperatures (Pg 278), how pasta is made (Pg 280), how milk is turned into yoghurt (Pg 281), how fruit is turned into jam (Pg 282)</i></p> <p><i>Be able to define nutritional modification, fortification and food additives.</i></p>
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**Your exam is on Tuesday 17<sup>th</sup> June 2025 – see you there!**

Throughout	Past papers and exam technique	<a href="#">AQA   GCSE   Food Preparation and Nutrition   Assessment resources</a>
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