

Revision Information Breakdown

Level	Board	Subject	Paper	Assessment Type	Length	% of Course
GCE	AQA	GCSE Food and Nutrition (1-9)	Paper 1: Food preparation and Nutrition	Written Paper	105 minutes	50%
			Task 1: Food Investigation	Non-Exam Assessment	10 hours	15%
			Task 2: Food Preparation Assessment	Non-Exam Assessment	Approx. 20 hours	35%

Specific strategies

- **Spaced learning** (little and often).
- **Flash cards** with key terms and key questions.
- **Exam questions** in various ways: open book, closed book, read question, find/review information, complete timed question and timed closed book.
- **Mind maps.**
- **FOR ALL – use mark schemes** to assess and improve.

Revision areas

- Food, nutrition and health - macro and micro nutrients
- Nutritional needs and health - diet, energy needs and health conditions
- Food science - cooking of food and heat transfer, functional and chemical properties of macronutrients and raising agents
- Food safety - micro-organisms, contamination and the principles of food safety
- Food choice - factors affecting food choice, marketing, traditional cuisines
- Sensory and nutritional analysis
- Food provenance - food sources, sustainability and the environment, food production and technological developments

Study guides/ websites

- Collins Revision Book/Flashcards
- Google classroom
- <https://www.foodafactoflife.org.uk>
- <https://www.bbc.co.uk/bitesize/subjects/zdn9jhv>
- Course specification:
<https://www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585/subject-content/food-preparation-skills>