

GCSE Subject: GCSE Food and Nutrition

What revision is expected and where can revision resources be located:

Weekly revision task posted in Year 11 Food Prep & Nutrition Teams group.

Revision guide and schedule also available.

Exam dates:

OCR GCSE Food Preparation and Nutrition

Thurs 11 June 1pm 1 ½ hours

Help sessions available:

Revision help/ NEA catch up on Mondays after school 3.30-4.30 in T8 with Ms Godwin or Tuesday lunchtimes with Mrs Kurnia.

Revision session in the morning of 11 June prior to the actual exam

Recommended revision guides:

OCR GCSE food preparation and nutrition My revision notes Val Fehners Hodder Education available on Amazon

<https://www.hoddereducation.com/subjects/food-preparation-and-nutrition/products/general/my-revision-notes-ocr-gcse-food-preparation-and-nutrition>

AQA GCSE revision Guide Food preparation and Nutrition

Recommended revision sites:

Seneca Links to specific revision materials are posted on Teams

BBC bitesize or You Tube <https://www.youtube.com/watch?v=flxmB8NKMzE>

T drive- Art and Design- Food GCSE- Revision There are plenty of revision PPTs, past papers, worksheets and other useful resources

Week beginning...	Topic	Area to cover	Complete (tick)
		NOVEMBER	
3/11/25	Nutrition	✓ Government guidelines: The Eatwell guide, 8 tips for healthy eating and 5 a day.	
10/11/25		✓ Protein	
17/11/25		✓ Fats	
24/11/25		✓ Carbohydrates	
		DECEMBER	
1/12/25		✓ Mock revision	
8/12/25		✓ Yr11 Mocks	
15/12/25		✓ Vitamins & Minerals	
XMAS			
5/1/26	Food Safety & Hygiene	✓ Food spoilage: Conditions needed for micro-organism growth, prevention and signs of spoilage.	
12/1/26		✓ Buying food; labelling & date marks.	
19/1/26		✓ Food hygiene: Preventing food poisoning & cross contamination. High risk foods.	
26/1/26		✓ Food handling & personal hygiene: rules, causes and methods to prevent cross-contamination.	
		FEBRUARY	
2/2/26	NEA2 Practical Preparation	✓ Sensory properties: Senses and types of testing.	
9/2/26		✓ Knife skills, Preparation & Techniques	
16/2/26 HT		✓ Water	
23/2/26		✓ NEA2 Practical Assessments	
		MARCH	
2/3/26	Food Choice	✓ Factors influencing food choice.	
9/3/26		✓ Development of culinary traditions	
16/3/26		✓ Food source & supply	
23/3/26		✓ Food processing & production	
		APRIL	
H/W in Easter holidays	Food science	✓ Functions of ingredients in bread, cakes, pastry and sauces	
13/4/26	Cooking & food preparation	✓ Cooking Methods & nutrients in food	
20/4/26		✓ Food security	
27/4/26		✓ Sauces, setting a mixture & raising agents	

		MAY	
4/5/26	Nutrition	Energy balance and Factors affecting energy requirements, RDAs, GDAs, EARS, LRNIs. Food allergies & intolerances; nut allergy, coeliac disease, lactose intolerance.	
11/5/26		Dietary needs of different groups; babies, toddlers, pre-school children, school aged children, adolescents, adults, older people, pregnancy. DRVs.	
18/5/26		Diet related disease; obesity, CVD, CHD, high bp, diabetes, diverticulitis, bone health, dental health & anaemia.	
25/5/26		Half term- Exams begin!	