

GCSE Food Preparation and Nutrition

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

Weekly resources added to the Year 11 Food Revision Teams page – weekly topic information, activities and quizzes.

Weekly exam style questions set in class which students are expected to complete as part of their revision homework.

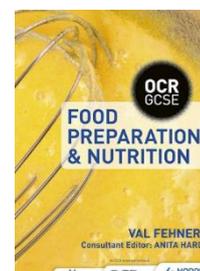
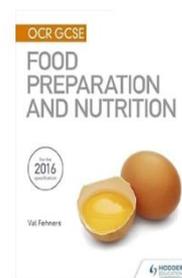
Resources can be found on the T Drive covering a range of important topics within Food Preparation and Nutrition.

Recommended revision guides:

OCR Food Preparation and Nutrition Revision Guide:

<https://www.amazon.co.uk/My-Revision-Notes-Preparation-Nutrition/dp/1471887006>

Online OCR textbook - Available as an online copy on the Year 11 Food Revision page.



Help sessions available

Monday sessions afterschool with Mrs Moore and Miss Rennie 3.30-4.30. Revision schedule for these sessions can be found on Class Charts, Teams and in T11.

Planned revision session **Tuesday 17th June at 8am-9am**

Exam dates:

**Tuesday 17th June 1pm –
1hour30.**

Recommended revision sites

SENECA - <https://senecalearning.com/en-GB/>

BBC bitesize revision - <https://www.bbc.co.uk/bitesize/learn>

Food a fact of life - <https://www.foodafactoflife.org.uk/>

Revision Topics

Topic	Revision Complete
Section A: Nutrition	
The relationship between diet and health	
Nutritional needs of different groups of people	
Energy balance	
Protein	
Carbohydrates	
Fats	
Vitamins and minerals	
Water	
Nutrients in food	
Section B: Food	
Food provenance: food source and supply	
Food provenance: food processing and production	
Food security	
Technological developments to support better health	
Development of culinary traditions	
Factors influencing food choice	
Section C: Cooking and food preparation	
Food Science	
Sensory properties	
Food safety	