

Food and Nutrition

<u>Your Y11 Mock Exams</u> Title and length of paper(s): Food Preparation and Nutrition. 1 hour 45 minutes (100 marks) Style(s) of question: A mixture of multiple choice [1], short style [3-4] and essay style questions [6-12].		How best to revise for this subject: (activities, how long, when, revisiting ideas ...) <ul style="list-style-type: none"> • Start early with answering exam questions. • Identify the topic that the question is testing. • Check your notes and revision guide for the key understanding. • Learn information to support the points you are making. • Develop key terminology to improve your extended writing answers (Food Science Words). • Have a go at the exam question without using your notes. • Use the mark schemes to mark your answers. • Use a different colour to mark your answers and fill in any corrections.
Themes to be assessed (on each paper):	Resources: (incl. page refs / websites etc)	
Food, Nutrition and Health: <ul style="list-style-type: none"> • Macronutrients • Micronutrients • Nutritional needs and health Food Science: <ul style="list-style-type: none"> • Cooking of food and heat transfer • Functional and chemical properties of food Food Safety: <ul style="list-style-type: none"> • Food spoilage and contamination • Principle of food safety Food Choice: <ul style="list-style-type: none"> • Factors affecting food choice • British and International cuisine • Food labelling and marketing Food Provenance: <ul style="list-style-type: none"> • Production and Processing • Sustainability and Environmental Impact 	AQA Textbook Practice Questions: Pg 189 Pg 235 Pg 277 Pg 339 Pg 409 AQA Website: Food Preparation and Nutrition Past Papers and Mark Scheme YouTube Videos: see below	Identify which topics you are finding tricky. Focus on these by: <ul style="list-style-type: none"> • Use GCSE Pod- Food Preparation and Nutrition. • Make revision cards/ flash cards. Keep the flashcards concise. Put a question on one side and the answer on the back. Use these cards to test yourself regularly. • Keep practicing exam style questions.

What support could be happening in lessons? We have covered all the theory content of the course in Year 9 and Year 10. Once we finish your NEA1 coursework task we will have structured revision classes, with practise exam questions, revision activities and exam technique examples for you to do during this time. I will also show you model exam answers to help you write the essay style answers for the 10 and 12 mark questions.	What could I expect for homework? Homework tasks will be structured to help you with revising specific topics. For example, I will set a different exam style question each week for you to complete from a range of topics– these will help you to keep revisiting the whole range of topics. I will take in and mark your exam questions and provide feedback on how to improve your answer. This will help you to improve your exam technique.
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https://www.youtube.com/playlist?list=PLXVI8Mt9AJ_gll4FVE41vterGuB87YZT1