

Revision Strategies for Food Preparation and Nutrition GCSE

Exam date: Tuesday 17th June, pm

Exam length: 1.45 hours

Exams Specification: EDUQAS GCSE Food Preparation and Nutrition

Use the following link to help you revise for your GCSE Food exam

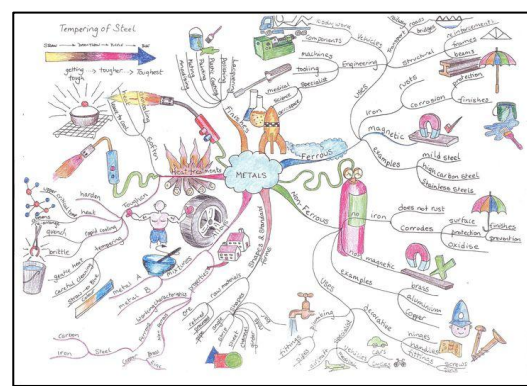
<https://dashboard.blooket.com/set/61b201a43f20776abf5a061e>

Additional Revision session face to face in school: Tuesday 17th June Period 1/2 (before the real exam)

Methods of Revision (specific to subject)

1. Revision Maps

Read through your **GCSE Food Preparation and Nutrition revision guide**. For each topic, make yourself a revision map. It is a good idea to write the name of the topic in the middle, for example 'Nutrients', then around the outside write down everything you know about that topic. Then, use your revision guide to add in any information that you missed out.



2. Seneca

Work through the theory units, and assessment unit, for EDUQAS GCSE Food Preparation and Nutrition on **Seneca**. There is a link to Seneca on the school website.

3. Questions and Answers

Ask an adult, or a friend, to ask you questions on the topics you have revised. You can find a fantastic list of questions here: **classroom.remembereverything.app** Type the address into your web browser. Select GCSE Food Preparation and Nutrition. Choose a unit, then a topic. It will generate a list of questions. When you think you know the answer, click to reveal the answer and see if you were correct. (this app runs on mobile or pc, and you can use it on your own too if you prefer working independently).

Revision Timetable Example

Aim to revise a different topic each week in the lead up to your exams. Here is an example of how you could plan your time:

	Week starting	Revision Guide Collins	Revision Guide CGP	Revision Guide Topic
1	28 th April	(1) 6-7, 114-15 (2) 14-15, 18-19 (3)	33	Food Commodities (1. Breads, cereals, flour, oats, rice, potatoes, pasta) (2. meat, fish, poultry, eggs)
2	5 th May	(1) 30-33, 58-61, 62-63 (2) 34-37	(1) 1-6 (2) 7-9	Principles of nutrition. Macronutrients (1) and Micronutrients (2)
3	12 th May	44-46, 54, 56	11-21	Diet and good health
4	19 th May	54, 56	23-32	The effect of cooking on food

5		70-75	34, 38-41	Food spoilage
6	2 nd June	88-93, 108-109	43-51	Where food comes from
7	9 th June	48-49, 104-107	60-67	Factors Affecting food choice
8	16 th June			17 th June Exam (pm)