




A parent's guide

How to Revise

Plan, Prepare, Achieve Folder



GCSE Food and Nutrition Subject content

NEA— 50% of the GCSE—Maximum marks 100


NEA1 and NEA2 have already been completed. NEA1 is 15% of the final grade and NEA2 is 35% of the final grade.

Written Exam—50% of the GCSE—Maximum marks 100

Section A = 20 Multiple choice questions = 20 Marks
Section B = Several longer answer questions (from 2 to 12 marks each) = 80

The following content will be examined in the written paper:

Food, Nutrition and Health	Food Science	Food Science
<p>Macronutrients: Proteins, LBU, HBV, amino acids, vegetarian diets and complementation. Growth and repair, excess and deficiency, DRVs</p> <p>Fats, saturated and unsaturated. Fatty acids e.g. Omega 3. Excess and deficiency. DRVs</p> <p>Carbohydrates, Sugars, starches and fibre. Mono, di and polysaccharides. Excess and deficiency. DRVs</p> <p>Micronutrients: Water soluble (B1, B2, B3, Folic acid and B12) Fat soluble (A, D, E, K) Antioxidants. Minerals (Calcium, Iron, Sodium, Potassium, Iodine, Phosphorus)</p> <p>Water: Hydration</p> <p>Balanced diets: Energy needs, Nutritional analysis, Diet related diseases (Obesity, CHD, Bone health, Dental, Anaemia, Type 2 diabetes)</p>	<p>Why/ How is food cooked? Heat transfer (Conduction, convection and radiation), how microwaves cook food.</p> <p>Cooking methods: Steaming, boiling, simmering, blanching, poaching, braising, baking, roasting, grilling, dry frying, shallow frying, stir fry. Impact on colour, flavour, texture and nutritional content</p> <p>Proteins: protein denaturation, protein coagulation, gluten formation, foam formation.</p> <p>Carbohydrates: gelatinisation, dextrinisation, caramelisation</p> <p>Fats - shortening, aeration, plasticity, emulsification.</p> <p>Vegetables: Enzymic browning, oxidation</p> <p>Raising Agents: Biological, chemical, mechanical and steam.</p>	<p>Microorganisms and enzymes: bacteria, yeasts and moulds, growth conditions, controlling food spoilage, high risk foods, enzymes are biological catalysts.</p> <p>Use of microorganisms in food production: Making cheese (inc. blue cheeses), yogurt, and yeast in bread making (fermentation)</p> <p>Contamination of foods: Food poisoning, (campylobacter, e-coli, salmonella, listeria, staphylococcus aureus.</p> <p>Buying and storing food: Important temperatures (freezing, chilling, defrosting), danger zone, date marks.</p> <p>Preparing, cooking and serving food: Cooking temperatures, personal hygiene, cross-contamination, temperature probes.</p>
<p>Food Choice</p> <p>Religion: Buddhism, Christianity, Hinduism, Islam, Judaism, Rastafarianism and Sikhism.</p> <p>Ethical and moral beliefs: animal welfare, fairtrade, local produce, organic, Genetically Modified (GM) foods.</p> <p>Food intolerances (gluten and lactose) and the following allergies: nuts, egg, milk, wheat, fish and shellfish.</p> <p>Food labelling. British traditional foods and two different cuisines, Spanish, Italian or Indian. Sensory analysis methods</p>	<p>Food Provenance</p> <p>Food sources: How and where food is caught, reared or grown.</p> <p>Methods of farming: Organic and conventional farming, free range production, intensive farming, sustainable fishing, advantages and disadvantages of local produced foods, seasonal foods and Genetically Modified (GM) foods.</p> <p>Environmental issues associated with food: seasonal foods, sustainability eg fish farming, transportation, organic foods, buying locally produced food, food waste in the home/food production/retailers, packaging, carbon footprint.</p> <p>Sustainability of food: climate change, global warming, food sources, insufficient land for growing food, availability of food, fairtrade, problems of drought and flooding, Genetically Modified (GM) foods, food waste.</p> <p>Food Production: Primary and secondary processing, cheese, yogurt, bread, pasta, jam and milk (inc. drying)</p> <p>Technological developments: Fortification, additives, cholesterol lowering spreads, probiotics.</p>	



GCSE Food and Nutrition REVISION PROGRAMME 2026

Date	Topic	Resources
WB Monday 9th March	Nutritional labels and using nutritional analysis	https://www.foodafactoflife.org.uk/14-16-years/
WB Monday 16th March	Food Science—Carbohydrates and Fats	FOOD SCIENCE—Section 2 in the revision guide
WB Monday 23rd March	NEA 2 DEADLINE Food Science—Proteins, raising agents and heat transfer	FOOD SCIENCE—Section 2 in the revision guide
WB Monday 30th March Easter Holidays	Dietary & Health	Easter Revision Monday 30th March
WB 6th April Easter Holidays	Food Provenance	FOOD PROVENANCE—Section 5 in the revision guide
WB Monday 13th April	Guidelines for better health	https://www.nhs.uk/live-well/eat-well/diet-making-informed-choices/ diet, nutrition & health Pg. 28 to 31
WB Monday 20th April	Nutrients	NUTRITION — Macronutrients/ Protein/ Fats/ Carbs Pg. 20 to 23
WB Monday 27th April	Nutrients	Micronutrients/ Vitamins/ Minerals/ Water Pg. 24 to 27
WB Monday 4th May	Factors affecting food choice & Diet through life	FOOD CHOICE —Section 3 in the revision guide
WB Monday 11th May	How to tackle the exam paper. WTM	Past exam paper 1 in revision guide
WB Monday 18th May	The 4 C's—Food Safety Buying, storing, preparing, cooking and serving food safely	FOOD SAFETY - Section 4 in the revision guide
WB Monday 25th May Half term	How to tackle the exam paper.	Past exam paper 2 in revision guide
WB Monday 1st June	Past exam paper	Revision pack on Google Classroom
WB Monday 8th June	Past exam paper	Thursday 11th June PM paper

Subject Entry Details—AQA GCSE in Food Preparation and Nutrition 8585

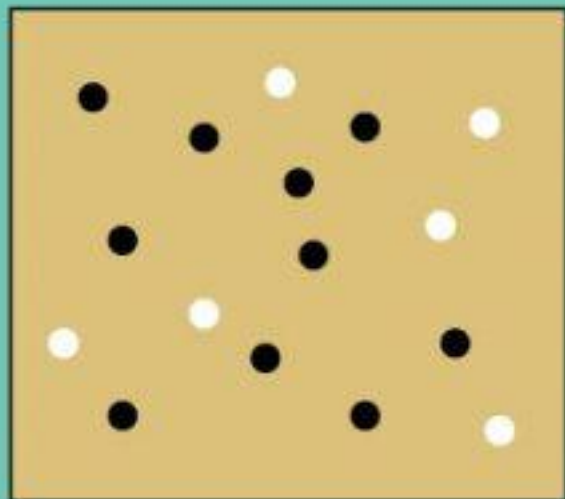
[AQA | Food preparation and Nutrition | GCSE | GCSE Food preparation and nutrition](#)

Online Resources

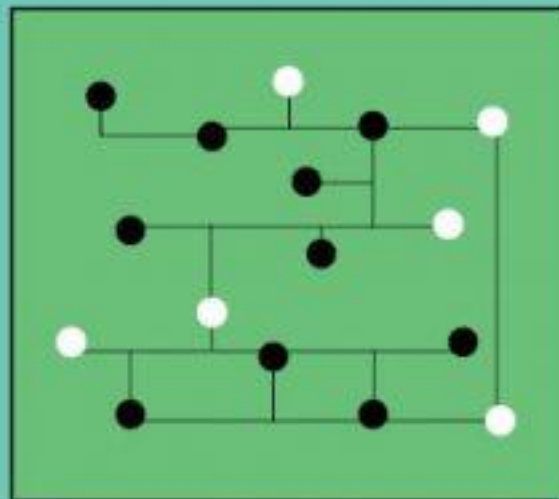
[Free Homework & Revision for A Level, GCSE, KS3 & KS2](#)

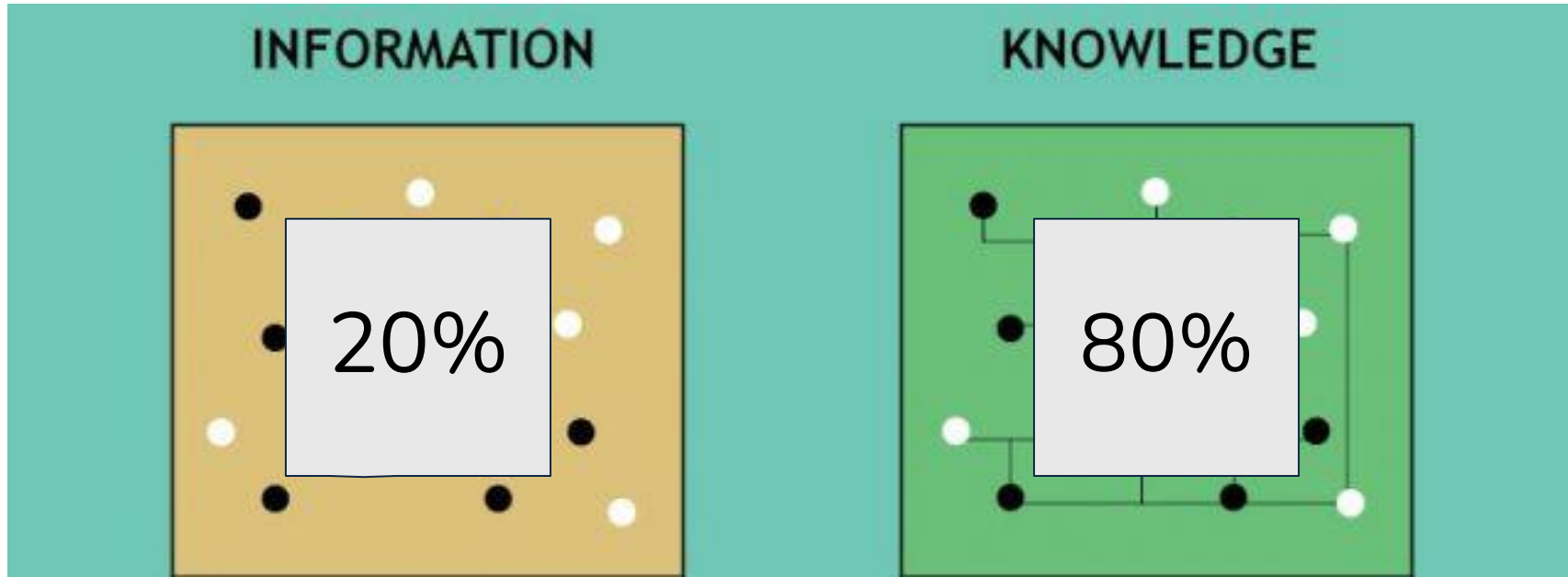
[Nutrition and health - GCSE Home Economics: Food and Nutrition \(CCEA\) - BBC Bitesize](#)

INFORMATION



KNOWLEDGE





80%

20%

80%

20%

Making Notes
Summarising notes
Reading notes
Highlighting notes
Mind mapping notes
Reading a textbook

Testing your recall
Explaining complex ideas to someone
Solving problems under timed conditions
Practicing exam questions
Marking your own work

How much should students revise ?

- 1hr per subject per week
- Breaking it down
- In school revision sessions count for 30mins
 - Break it down into 20min sessions



How to Plan a Revision Timetable

Step 1: Determine the 'non-negotiables'

List all the activities that you love doing during the week and the things that you just don't want to compromise on. Then you should nominate a time that you would most likely allocate to these activities. For example, a list might look like this:

Basketball: Mondays, 6pm - 7:30pm and Sundays 2pm - 4pm

Xbox: Tuesdays and Thursdays, 7pm - 8pm, Weekends 3pm - 6pm

Seeing friends: Weekends, 11am - 6pm

Netflix: Mondays and Wednesdays, 7:30pm - 9:00pm

Social media: Daily, 5pm - 6pm

Work shift: Saturdays, 10am - 2pm

Step 2: Put in the fun stuff first

Once you have identified all the leisure and extra-curricular activities, the next step is to put those activities into the study timetable (click on the timetable above to access a digital version).

Step 3: Put study in the gaps

The gaps are the times that you can study in. If you don't have any blank spaces left over, perhaps it's worth thinking about what activities you can remove.

Revision Timetable

See p49 for an example of a completed timetable.

Month:		Weeks to go:				
Time:	8-8.30am	3-4pm	4-5pm	5-6pm	6-7pm	
Date:						
Monday		English		Swimming	English Recap / past papers	
Tuesday	Science in LHUB	DT - revision				
Wednesday				Science - Seneca Learning	Work	
Thursday						
Friday		RE revision			Xbox	
Saturday	10-11am	12-1pm	1-2pm	5-6pm	6-7pm	
Sunday	Rugby Training					

Your Revision Timetable

Where to find past papers

▶ [AQA](#)

▶ [OCR](#)



Find past papers and mark schemes

Find past papers and mark schemes

Find past papers and mark schemes for your exams, and specimen papers for new courses.

Find papers

Subject: English
Qualification: GCSE
Specification: English Language (8700)
Series: All available series
November 2018
June 2018
November 2017
June 2017
Specimens

November 2018

- Paper 1: Insert November 2018 (124.1 KB)
- Paper 1: Mark scheme November 2018 (670.0 KB)
- Paper 1: Question paper November 2018 (516.2 KB)
- Paper 2: Insert November 2018 (1.0 MB)
- Paper 2: Mark scheme November 2018 (391.1 KB)
- Paper 2: Question paper November 2018 (273.6 KB)

June 2018

- Paper 1: Insert June 2018 (120.2 KB)
- Paper 1: Mark scheme June 2018 (342.3 KB)
- Paper 1: Question paper June 2018 (297.9 KB)
- Paper 2: Insert June 2018 (120.6 KB)
- Paper 2: Mark scheme June 2018 (382.3 KB)
- Paper 2: Question paper June 2018 (268.3 KB)



Find past papers and mark schemes

Find past papers and mark schemes

Find past papers and mark schemes for your exams, and specimen papers for new courses.

Find papers

Subject: Which subject?
Qualification: What type of qualification?
Specification: Which specification?
Series: When was the exam?



SPECIMEN MATERIAL

GCSE English Literature 8702/1

Paper 1 Shakespeare and the 19th-ce

Specimen 2014 Morning

Materials

- An AQA 16-page answer book.

Instructions

- Answer **one** question from **Section A** and **one** question from **Section B**.
- Write the information required on the front of your answer book.
- Use black ink or black ballpoint pen. Do **not** use pencil.

Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 64.
- AO4 will be assessed in **Section A**. There are 4 marks available for answering the question. AO4 assesses the following sentence structures for clarity, purpose and effect, with accuracy.
- There are 30 marks for **Section B**.

Section A: Shakespeare
Answer **one** question from this section on your chosen text.

EITHER

Macbeth
Read the following extract from Act 1 Scene 5 of *Macbeth* and then answer the question that follows.
At this point in the play Lady Macbeth is speaking. She has just received the news that King Duncan will be spending the night at her castle.

5 The raven himself is hoarse
That croaks the fatal entrance of Duncan
Under my battlements. Come, you spirits
That tend on mortal thoughts, unsex me here,
And fill me from the crown to the toe topfull
Of direst cruelty; make thick my blood,
Stop up th' access and passage to remorse
That no compunctious visitings of nature
Shake my fell purpose nor keep peace between
Th' effect and it. Come to my murd'ring ministers,
10 And take my milk for gall, you murd'ring ministers,
Wherever in your sightless substances
You wait on nature's mischief. Come, thick night,
And pall thee in the dunest smoke of hell,
15 That my keen knife see not the wound it makes
Nor heaven peep through the blanket of the dark,
To cry 'Hold, hold!'

Starting with this speech, explain how far you think Shakespeare presents Lady Macbeth as a powerful woman.

Write about:

- how Shakespeare presents Lady Macbeth in this speech
- how Shakespeare presents Lady Macbeth in the play as a whole.

[30 marks]



Command words for each subject

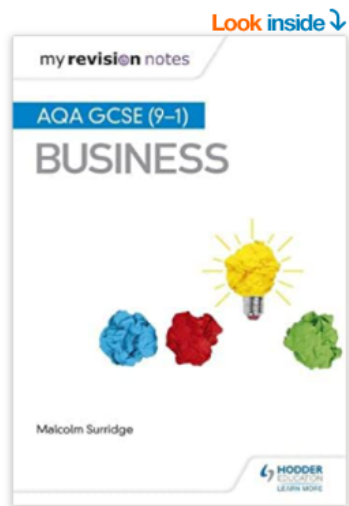
Know the meaning of command words

Do you know the difference between **state**, **describe**, **explain** and **suggest**?

Examples of command words with “pupil friendly” explanations:

- **State** – Give a simple answer such as a correct term or name.
- **Describe** – Give detail about what happens, where it happens and when it happens. If it is “describe a graph”, give numbers and data from the graph.
- **Explain** – Give detail about how and why it happens. Use specific key terminology within the topic/subject.
- **Suggest** – Come up with an idea based on what you have learnt (do not panic you may not know the answer – the examiner just wants you to apply your knowledge).

Revision Guide & Flash Cards



My Revision Notes: AQA GCSE (9-1) Business

Paperback – 31 Aug. 2018

by Malcolm Surridge (Author)

★★★★☆ 28 ratings

[See all formats and editions](#)

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8 Used from £0.65
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Note: This item is eligible for **FREE Click and Collect** without a minimum order subject to availability. [Details](#)

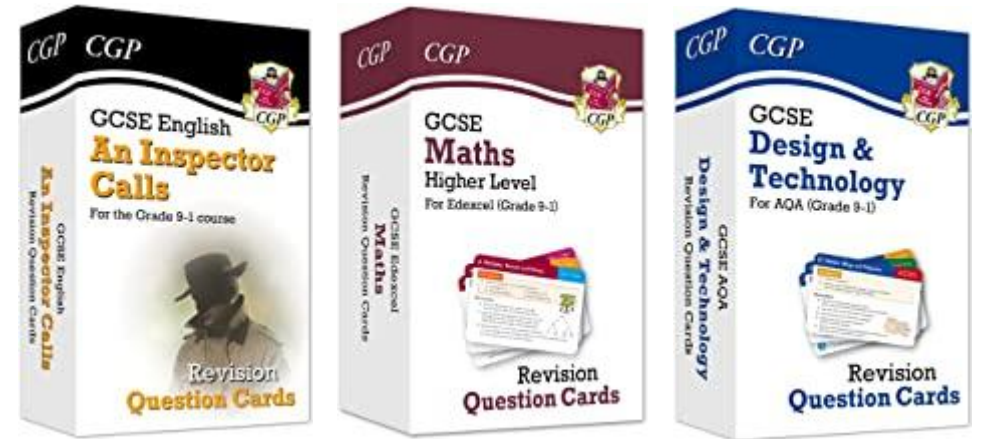
Exam board: AQA

Level: GCSE

Subject: Business

First teaching: September 2017

First exams: Summer 2019



Officially linked revision guides use higher tier terminology & exam questions

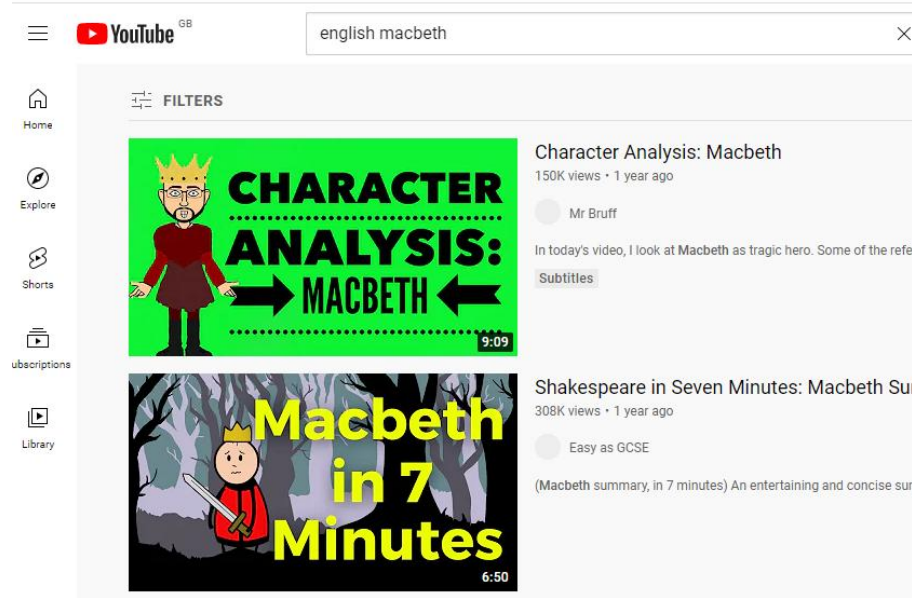
Flash cards

Each one starts off with quick questions to warm you up, followed by harder questions to get your brain into top gear.

Online Revision

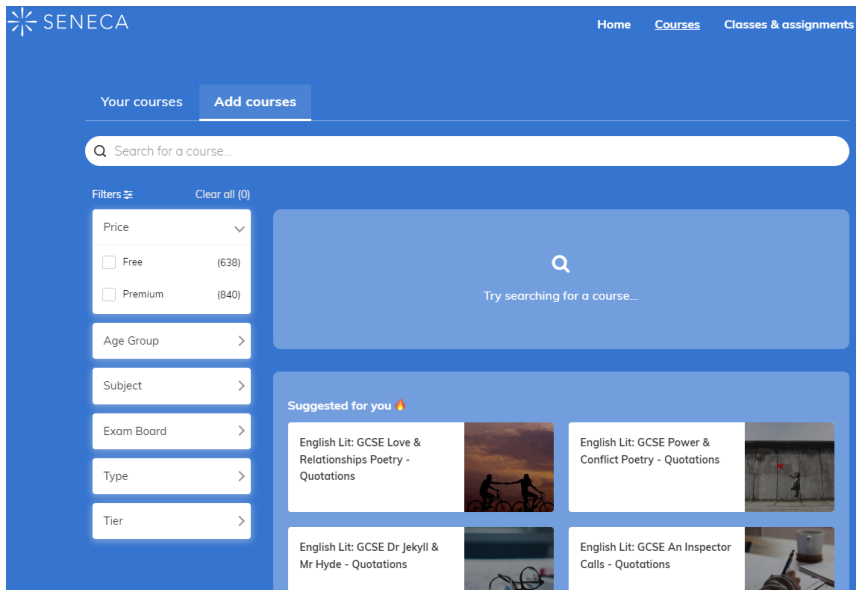
Online revision can be very useful for

- Accesses videos to help re-explain and clarify previous learning.
- Recapping and consolidating learning
- Retesting and identifying gaps



YouTube have videos and resources for different subjects & text.

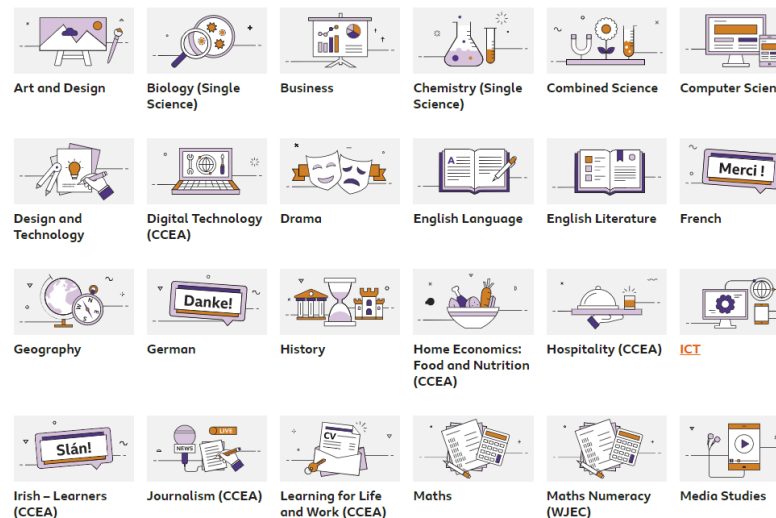
<https://app.senecalearning.com>



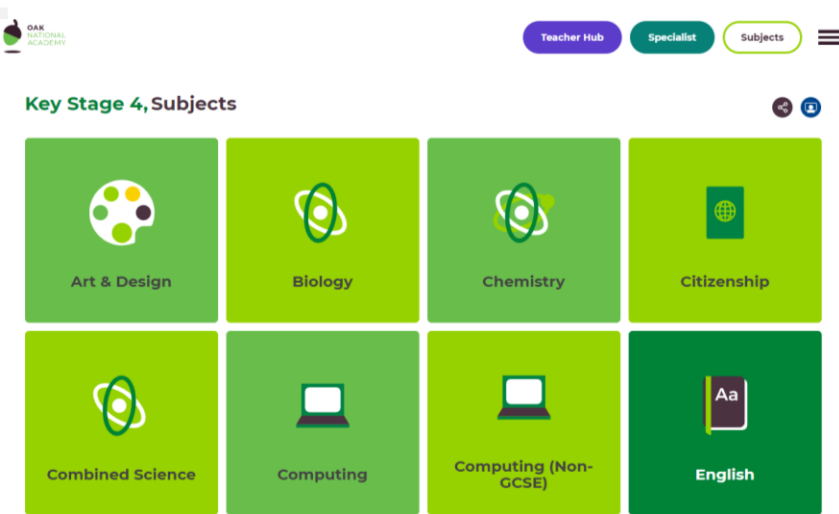
<https://www.bbc.co.uk/bitesize>

All GCSE subjects

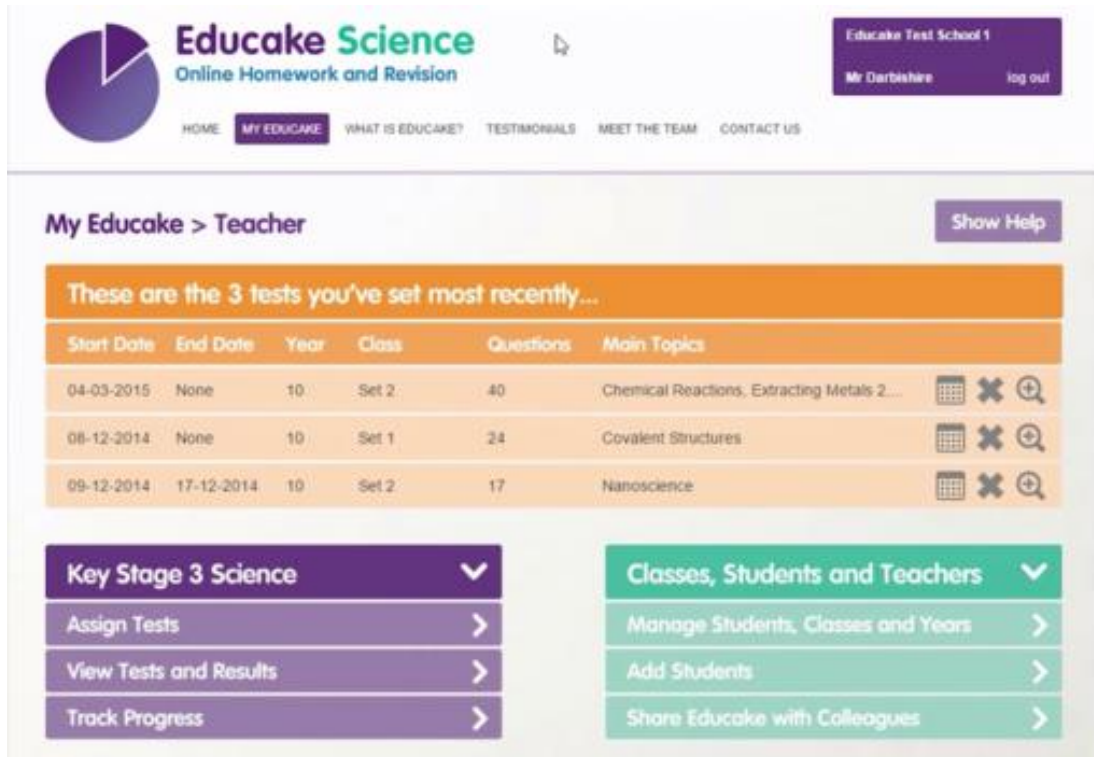
These subjects may contain both Guides for students and Classroom videos for use by teachers.



<https://classroom.thenational.academy/subjects-by-key-stage/key-stage-4>



Educake and Everlearner



The screenshot shows the Educake Science website interface. At the top left is the Educake Science logo with the tagline "Online Homework and Revision". A navigation menu includes "HOME", "MY EDUCAKE", "WHAT IS EDUCAKE?", "TESTIMONIALS", "MEET THE TEAM", and "CONTACT US". On the top right, a user profile for "Educake Test School 1" is shown with the name "Mr Darbishire" and a "log out" button.

The main content area is titled "My Educake > Teacher" and includes a "Show Help" button. Below this, a section titled "These are the 3 tests you've set most recently..." displays a table of test data:

Start Date	End Date	Year	Class	Questions	Main Topics	
04-03-2015	None	10	Set 2	40	Chemical Reactions, Extracting Metals 2...	📅 ✕ 🔍
08-12-2014	None	10	Set 1	24	Covalent Structures	📅 ✕ 🔍
09-12-2014	17-12-2014	10	Set 2	17	Nanoscience	📅 ✕ 🔍

Below the table are two columns of menu items:

- Key Stage 3 Science** (dropdown menu)
 - Assign Tests
 - View Tests and Results
 - Track Progress
- Classes, Students and Teachers** (dropdown menu)
 - Manage Students, Classes and Years
 - Add Students
 - Share Educake with Colleagues



The EverLearner

AI Revision



Some tools adapt to the student's level and focus on weak areas. They can provide instant feedback on answers. They allow students to practise exam-style questions.

AI can turn notes into **flashcards and quizzes**, which is useful for memorising key facts.

Examples:

- **Quizlet**
- **Gizmo AI**

These tools can:

- Automatically create quizzes from notes.
- Use **spaced repetition** to improve memory.
- Provide games and practice tests.

How students can use them

- Upload class notes and generate flashcards.
- Test themselves daily with quick quizzes.
- Focus on topics they keep getting wrong.