



### Structure of Exam

In GCSE Food Preparation and Nutrition has three assessment pieces:

- NEA 1: Food Investigation (15%)
- NEA 2: Prepare, plan and cook (35%)
- Written examination (50%)

Your examination is out of 100 marks and is 1 hour 45 minutes in length. Your exam is split into two sections:

Section A consists of multiple choice questions (20 marks available).

Section B consists of questions on knowledge of the key topics (80 marks available).

### Exam Paper Links:

The exam board for Food Preparation and Nutrition course is AQA.

- On the **AQA website** there is **one written paper and mark scheme** which you could print off and focus on a question at a time.

<http://www.aqa.org.uk/subjects/food/gcse/foodpreparation-and-nutrition-8585/assessment-resources>

- I have emailed you a copy of exam questions both long and short and the answers so that you can practice answering the short questions and focus on how to get maximum marks on the long questions.

If you have lost the email you can access this resource on [student resources/food/revision power points](#)

- There are numerous old papers available on the **AQA website** with mark schemes and examiners reports under each section, for the previous GCSE specification which has similar content. Click the link below to view them:

[AQA Food Technology past papers and answers](#)

Exam papers are under the Unit 1 sub headings. Click the arrow to open them up.

### Useful Websites/Apps/Books:

#### Digital bundle

Access the interactive book for specific pages per topic

<http://illuminate.digital/aqafood/>

**Student Username: SWILL3 Student Password: STUDENT3**

#### BBC Bitesize

Access to videos

<https://www.bbc.co.uk/education/subjects/z48jmp3>

#### Recommended revision guides

- Free copy of AQA GCSE Food Preparation and Nutrition All-in-One Revision and Practice by Collins.
- GCSE Food Preparation and Nutrition for AQA The Revision Guide by CGP £3.50 if purchased via the school

How to revise:	Tips to Answer Common/Extended Questions:
<p><b>Revision Activities Tips to Answer Common Questions</b></p> <p><b>Revision tasks to be completed:</b></p> <p>Use the PLC you completed in lesson to focus your revision. You need to ensure that you have revised the topics which you identified as red or amber.</p> <p><b>Revise the following:</b></p> <ul style="list-style-type: none"> <li>• Macronutrients and Micro nutrients- their function, sources, deficiency and effects, excess and effects</li> <li>• Planning balanced meals for children (5-12) and teenagers and elderly</li> <li>• How to plan for special diets/health /religion vegetarian.</li> <li>• How to reduce the risk of coronary heart disease (CHD) / stroke / high blood pressure / obesity/ tooth decay <ul style="list-style-type: none"> <li>• Methods of heat transfer; conduction, convection and radiation.</li> <li>• Food science; coagulation, caramalisation, dextrinization, gelatinisation, plasticity, shortening and aeration.</li> </ul> </li> <li>• How foods become contaminated with Bacteria.</li> <li>• How to prevent bacterial contamination.</li> <li>• Environmental issues associated with food, climate change/food provenance/labelling /packaging/waste/ modification/fortification/ British and International cuisine</li> </ul>	<p><b>Top five Tips:</b></p> <ol style="list-style-type: none"> <li>1. <b>Thoroughly read the question and highlight the keywords.</b> Make sure you are clear with: <ul style="list-style-type: none"> <li>• How many marks are available?</li> <li>• What the examiner is looking for.</li> <li>• Identify examples to show your understanding.</li> <li>• </li> </ul> </li> <li>2. Ensure you <b>understand the command word; state, explain, describe, compare.</b> <ul style="list-style-type: none"> <li>• What is the examiner asking you to do?</li> </ul> </li> <li>3. Use subject specific <b>keywords</b>, for example; 'coagulation' and 'radiation'.</li> <li>4. When you get a high mark question <b>break it down into chunks</b>. For example if it is asking for advantages and disadvantages and it is worth 8 marks you need to think of four advantages and four disadvantages.</li> <li>5. <b>If you are stuck</b> on a question draw a star next to it and <b>come back to it later</b>.</li> <li>6. <b>Read through your answers</b> and extend them. Check that you have answered the question, included <b>keywords</b> and made a <b>point</b> for each mark available.</li> </ol>