

GCSE Food Preparation and Nutrition – Exam – Revision Timetable 2020



This is the suggested timetable for your revision – only 22 weeks until your exam. Plenty of time; *as long as you use it wisely!*

Work your way through each topic below using the revision guide (which I suggest that you purchase if you have not already done so for £6) revision booklet, revision resources in the student resource area ,check your emails, your exercise book (from Year 10) use BBC Bitesize and Seneca.

Tick off each bullet point when you are confident; *if there is something you are not sure of then you must ask – either email or come to see me. We will be spending class time (term 4 & 5 after NEA2 is completed)and after school sessions working through the topics as well as practising exam questions and techniques. Please make sure you catch up with any work missed due to absence and if you are not sure ASK*

| WEEK | 1 HOUR | | 1 HOUR | Suggested Revision Task Tick which one you completed |
|--|--|--|--|---|
| 1. 6th Jan | Section A - Nutrition The relation between Diet and Health | A balanced diet to provide the correct combination of food and nutrients for good health The government’s guidelines for a healthy diet and the inclusion of new regulations as they are issued <ul style="list-style-type: none"> • Major diet-related health issues | <ul style="list-style-type: none"> • The importance of a healthy diet • How to use the major commodity groups to make a balanced food choice • The application of the eight tips for healthy eating • Diet-related diseases and conditions: obesity (weight loss and gain), cardiovascular, coronary heart disease (CHD), diabetes, diverticulitis, bone health (osteoporosis), dental health, anaemia and high blood pressure | <ul style="list-style-type: none"> • Use the revision guide to make revision notes, revision cards, mind maps, posters, etc • Ask someone to test you • Used BBC bitesize revision resources • SENECA • Answer practise exam questions • Look in student resources on this section and Total Revision • Other... |

GCSE Food Preparation and Nutrition – Exam – Revision Timetable 2020



| | | | | |
|---|--|---|---|---|
| <p>2. 13th Jan</p> | <p>Section A - Nutrition</p> <p>Nutritional and dietary needs of different groups of people</p> | <p>Dietary needs for different stages of life</p> <p>Food allergies and intolerances</p> <ul style="list-style-type: none"> The dietary reference values (DRVs) Macronutrients and micronutrients Calculation of nutritional values | <ul style="list-style-type: none"> Balanced combinations of food, nutrients and correct portion sizes for babies, toddlers, pre-school children, school-aged children, adolescents, adults, older people, pregnant and lactating women Foods that may cause an allergic reaction Food intolerance: lactose and gluten (coeliacs) Recommended daily amounts of macro and micro nutrients and energy Plan recipes, meals and diets based on nutritional analysis | <ul style="list-style-type: none"> Use the revision guide to make revision notes, revision cards, mind maps, posters, etc Ask someone to test you Used BBC bitesize revision resources SENECA Answer practise exam questions Look in student resources on this section and Total Revision Other... |
| <p>3. 20th Jan</p> | <p>Section A – Nutrition</p> <p>Nutritional needs when selecting recipes for different groups of people</p> | <ul style="list-style-type: none"> Modifying recipes and meals to follow current dietary guidelines | <ul style="list-style-type: none"> Altering or substituting ingredients, changing the method of cooking or process and changing the portion size | <ul style="list-style-type: none"> Use the revision guide to make revision notes, revision cards, mind maps, posters, etc Ask someone to test you Used BBC bitesize revision resources SENECA Answer practise exam questions Look in student resources on this section and Total Revision Other... |
| <p>4. 27th Jan</p> | <p>Section A – Nutrition</p> <p>Energy balance</p> | <p>The relationship between food intake and physical activity and how to maintain a healthy body weight throughout life</p> <p>How to calculate energy values and the main sources of energy in the diet</p> <p>The main factors that influence an individual’s energy requirements</p> | <ul style="list-style-type: none"> Basal metabolic rate (BMR) and physical activity level (PAL) and their importance in determining energy requirements Recommended percentage of daily energy intake Sources of energy: protein, fat, carbohydrate and alcohol Units (kcal and kJ) for measuring energy | <ul style="list-style-type: none"> Use the revision guide to make revision notes, revision cards, mind maps, posters, etc Ask someone to test you Used BBC bitesize revision resources SENECA Answer practise exam questions Look in student resources on this section and Total Revision Other... |

GCSE Food Preparation and Nutrition – Exam – Revision Timetable 2020



| | | | | |
|----------------------------|------------------------------|---------------------|--|---|
| | | | <ul style="list-style-type: none"> • Gender, life stage, pregnancy/lactation, size/body weight, genetics, occupation and lifestyle • Deficiency and excess | |
| 5. | Section A – Nutrition | Types and functions | <ul style="list-style-type: none"> • Sources | <ul style="list-style-type: none"> • Use the revision guide to make revision notes, revision cards, mind maps, posters, etc • Ask someone to test you • Used BBC bitesize revision resources • SENECA • Answer practise exam questions • Look in student resources on this section and Total Revision • Other... |
| 3rd Feb | Protein | Types and functions | <ul style="list-style-type: none"> • Sources | |
| | Section A – Nutrition | Types and functions | <ul style="list-style-type: none"> • Sources | |
| | Fat | Types and functions | <ul style="list-style-type: none"> • Sources | |
| | Section A – Nutrition | Types and functions | <ul style="list-style-type: none"> • Sources | |
| | Carbohydrates | Types and functions | <ul style="list-style-type: none"> • Sources | |
| | Section A – Nutrition | Types and functions | <ul style="list-style-type: none"> • Sources | |
| 6. | Section A – Nutrition | Types and functions | <ul style="list-style-type: none"> • Sources | <ul style="list-style-type: none"> • Use the revision guide to make revision notes, revision cards, mind maps, posters, etc • Ask someone to test you • Used BBC bitesize revision resources • SENECA • Answer practise exam questions |
| 10th Feb | Vitamins | Types and functions | <ul style="list-style-type: none"> • Fat soluble vitamins: A (retinol and carotene), D, E, K • Water soluble vitamins: B1 (thiamine), B2 (riboflavin), B3 (niacin), B9 (Folate/Folic acid), B12 (cobalamin), C (ascorbic acid) • Functions and deficiency • Food sources of vitamins | |

GCSE Food Preparation and Nutrition – Exam – Revision Timetable 2020



| | | | | |
|---|---|---|--|--|
| | <p>Section A – Nutrition</p> <p>Minerals</p> | <p>Types and functions</p> <p>Sources</p> | <ul style="list-style-type: none"> • Calcium, iron, sodium, fluoride, iodine, phosphorus • Functions and deficiency • Foods that supply minerals | <ul style="list-style-type: none"> • Look in student resources on this section and Total Revision • Other... see the revision guide to make revision notes, revision cards, mind maps, posters, etc • Ask someone to test you • Used BBC bitesize revision resources • SENECA • Answer practise exam questions • Other... |
| | <p>Section A – Nutrition</p> <p>Water</p> | <p>Importance of water</p> <ul style="list-style-type: none"> • Sources | <ul style="list-style-type: none"> • Functions and deficiency • Recommended guidelines for daily intake of water • Sources and foods that give us water | |
| 1-week holiday | Practice Exam Papers Given | | | |
| <p>7.</p> <p>24th Feb</p> <p><i>Practical Exams need to be the focus on this for this week!</i></p> | | | | |
| <p>8.</p> <p>24th Feb</p> | <p>Section A – Nutrition</p> <p>Nutritional content of the main commodity groups</p> | <ul style="list-style-type: none"> • Bread, rice, potatoes, pasta and other starchy foods • Fruit and vegetables • Milk and dairy foods • Meat, fish, eggs, beans and other non-dairy sources of protein • Foods and drinks high in fat and/or sugar | <ul style="list-style-type: none"> • Nutritional content of each commodity group | <ul style="list-style-type: none"> • Use the revision guide to make revision notes, revision cards, mind maps, posters, etc • Ask someone to test you • Used BBC bitesize revision resources • SENECA • Answer practise exam questions • Look in student resources on this section and Total Revision • Other... |

GCSE Food Preparation and Nutrition – Exam – Revision Timetable 2020



| | | | | |
|--|---|---|--|---|
| <p>9. 2nd March</p> | <p>Section B – Food (food provenance and food choice)</p> <p>FOOD PROVENANCE: Food source and supply</p> | <p>Food sources and how they are:</p> <p>a) grown: cereals, sugars, fruits and vegetables</p> <p>b) reared: meat and poultry caught: fish</p> | <ul style="list-style-type: none"> • Advantages and disadvantages of locally produced and seasonal foods • Where and how they are grown: organic and non-organic farming • Classification of fruits and vegetables • Where and how they are reared: intensive farming methods, free-range products, rearing of the animals • Classification of meat, poultry and game • Where and how they are caught: sustainable fish supply • Classification of fish | <ul style="list-style-type: none"> • Use the revision guide to make revision notes, revision cards, mind maps, posters, etc • Ask someone to test you • Used BBC bitesize revision resources • SENECA • Answer practise exam questions • Look in student resources on this section and Total Revision <p>Other...</p> |
| <p>10. 9th March</p> | <p>Section B – Food (food provenance and food choice)</p> | <p>Primary stages of food processing</p> <p>Secondary stages of food processing and production</p> | <ul style="list-style-type: none"> • How wheat is milled and processed to produce flour • Heat treatment of milk | <ul style="list-style-type: none"> • Use the revision guide to make revision notes, revision cards, mind maps, posters, etc • Ask someone to test you • Used BBC bitesize revision resources • SENECA • Answer practise exam questions • Look in student resources on this section and Total Revision |
| <p>11. 16th March</p> | <p>Food processing and production</p> | <p>Food processing and preserving methods: industrial and domestic</p> | <ul style="list-style-type: none"> • The processes that raw food undergoes to transform it into a food product • How milk is processed to produce butter, cream, yoghurt and cheese • How flour is used to produce bread and pasta • High temperatures: pasteurisation, sterilisation (ultra heat treated (UHT) and canning) • Cold temperatures: chilling, freezing, cook-freeze/blast chilling and accelerated freeze-drying (AFD) • Drying and smoking • Using acids, salt and sugar • Controlled atmosphere packaging (CAP)/modified atmosphere packaging (MAP) and vacuum packing | <ul style="list-style-type: none"> • Use the revision guide to make revision notes, revision cards, mind maps, posters, etc • Ask someone to test you • Used BBC bitesize revision resources • SENECA • Answer practise exam questions • Look in student resources on this section and Total Revision • Other... |

GCSE Food Preparation and Nutrition – Exam – Revision Timetable 2020



| | | | | |
|--|--|---|--|---|
| <p>12. 23rd March</p> | <p>Section B – Food (food provenance and food choice)</p> | <p>The impact of food and food security on society, local and global markets and the environment Moral/ethical and environmental issues involved in food production</p> | <ul style="list-style-type: none"> • The availability of food, the access to food, the individual’s ability to utilise food • Moral issues: how Fairtrade affects food producers and workers • Ethical issues: relating to the development of genetically modified (GM) food • Environmental issues: food waste • Carbon footprint and the transportation of materials and goods • Sustainability of resources | <ul style="list-style-type: none"> • Use the revision guide to make revision notes, revision cards, mind maps, posters, etc • Ask someone to test you • Used BBC bitesize revision resources • SENECA • Answer practise exam questions • Look in student resources on this section and Total Revision • Other... |
| <p>13. 30th March</p> | <p>Food security</p> | | | |
| <p>14. 6th April 1st week of 2-week Holiday Independent study time</p> | <p>Section B – Food (food provenance and food choice) Technological developments to support better health and food production</p> | <p>Fortification Use of additives New and emerging foods</p> | <ul style="list-style-type: none"> • The advantages and disadvantages of fortification • Preservatives, colourings, flavourings and sweeteners, emulsifiers and stabilisers and thickeners, antioxidants • Probiotics and prebiotics | <ul style="list-style-type: none"> • Use the revision guide to make revision notes, revision cards, mind maps, posters, etc • Ask someone to test you • Used BBC bitesize revision resources • SENECA • Answer practise exam questions • Look in student resources on this section and Total Revision • Other... |
| <p>15. 13th April 2nd week of 2-week Holiday Independent study time</p> | <p>Section B – Food (food provenance and food choice) Development of culinary traditions (learners must study British cuisine and a minimum of TWO international cuisines)</p> | <p>Features and characteristics of individual cuisines</p> | <ul style="list-style-type: none"> • Recognise traditional ingredients • Understand religious or cultural factors affecting the cuisine | <ul style="list-style-type: none"> • Use the revision guide to make revision notes, revision cards, mind maps, posters, etc • Ask someone to test you • Used BBC bitesize revision resources • SENECA • Answer practise exam questions • Look in student resources on this section and Total Revision • Other... |

GCSE Food Preparation and Nutrition – Exam – Revision Timetable 2020



| | | | | |
|--|--|--|--|---|
| <p>16. 20th April</p> | <p>Section B – Food (food provenance and food choice)</p> <p>Development of culinary traditions (learners must study British cuisine and a minimum of TWO international cuisines)</p> | <p>Features and characteristics of individual cuisines</p> | <ul style="list-style-type: none"> • Understand traditional cooking methods, presentation and eating patterns • Recognise how the traditional recipes have been adapted to suit today’s society | <ul style="list-style-type: none"> • Use the revision guide to make revision notes, revision cards, mind maps, posters, etc • Ask someone to test you • Used BBC bitesize revision resources • SENECA • Answer practise exam questions • Look in student resources on this section and Total Revision • Other... |
| <p>17. 27th April</p> | <p>Section B – Food (food provenance and food choice)</p> <p>Factors influencing food choice</p> | <p>Personal, social and economic factors, medical reasons</p> | <ul style="list-style-type: none"> • Food choice can be affected by cost, enjoyment, preference, seasonality, availability, time of day, activity, celebration or occasion • Consumer information, food labelling, marketing | <ul style="list-style-type: none"> • Use the revision guide to make revision notes, revision cards, mind maps, posters, etc • Ask someone to test you • Used BBC bitesize revision resources • SENECA • Answer practise exam questions • Look in student resources on this section and Total Revision • Other... |
| <p>18. 4th May</p> | <p>Section B – Food (food provenance and food choice)</p> <p>Factors influencing food choice</p> | <p>Religious and cultural beliefs</p> <p>Ethical and moral beliefs</p> | <ul style="list-style-type: none"> • Food choice can be affected by related beliefs of major religions: Buddhism, Hinduism, Islam, Judaism, Rastafarianism and Sikhism • Vegetarians (lacto-ovo, lacto, ovo and vegans), animal welfare, local produce, organic food | <ul style="list-style-type: none"> • Use the revision guide to make revision notes, revision cards, mind maps, posters, etc • Ask someone to test you • Used BBC bitesize revision resources • SENECA • Answer practise exam questions • Look in student resources on this section and Total Revision • Other... Answer practise exam questions • |



GCSE Food Preparation and Nutrition – Exam – Revision Timetable 2020

| | | | | |
|--|--|---|--|---|
| <p>19. 11th May</p> | <p>Section C – Cooking and food preparation</p> <p>Food Science</p> | <p>The reasons why food is cooked</p> <p>Heat transfer through cooking methods</p> <p>How preparation and cooking methods/processing</p> <ul style="list-style-type: none"> • affect the nutritional value • improve the sensory properties | <ul style="list-style-type: none"> • Making food safe to eat • Making food more digestible/palatable • Conduction, convection and radiation • Enrichment/loss, increase/reduce calorific value, vitamin losses • Texture, flavour, appearance, aroma | <ul style="list-style-type: none"> • Use the revision guide to make revision notes, revision cards, mind maps, posters, etc • Ask someone to test you • Used BBC bitesize revision resources • SENECA • Answer practise exam questions • Look in student resources on this section and Total Revision • Other... |
| <p>20. 18th May</p> | <p>Section C – Cooking and food preparation</p> <p>Food Science</p> | <p>Working characteristics and the functional and chemical properties of ingredient groups</p> | <ul style="list-style-type: none"> • Carbohydrates: gelatinisation, dextrinisation, caramelisation • Fats/oils: shortening, aeration, plasticity, emulsification • Protein: coagulation, foam formation, gluten formation, acid denature • Fruit and vegetables: enzymic browning/oxidisation • Raising agents: yeast, chemical agents, air and steam | <ul style="list-style-type: none"> • Use the revision guide to make revision notes, revision cards, mind maps, posters, etc • Ask someone to test you • Used BBC bitesize revision resources • SENECA • Answer practise exam questions • Look in student resources on this section and Total Revision • Other... |
| <p>21. 25th May</p> <p>1-week holiday</p> <p>Independent study time</p> | <p>Section C – Cooking and food preparation</p> <p>Sensory properties</p> | <p>The senses (organoleptic properties)</p> <p>Sensory systems</p> <p>Preferential and sensory testing panels</p> | <ul style="list-style-type: none"> • Changes that happen when food is cooked: texture, appearance, colour taste, sound and aroma • The importance of the senses of sight, taste, touch, smell and hearing and how they work when making food choices • The five basic tastes recognised by receptors (sweetness, sourness, bitterness, saltiness and umami) • How to set up a testing panel • Styles and forms of rating, ranking and profiling systems with the use of appropriate descriptive terminology | <ul style="list-style-type: none"> • Use the revision guide to make revision notes, revision cards, mind maps, posters, etc • Ask someone to test you • Used BBC bitesize revision resources • SENECA • Answer practise exam questions • Look in student resources on this section and Total Revision • Other... |

GCSE Food Preparation and Nutrition – Exam – Revision Timetable 2020



| | | | | |
|---|--|--|--|---|
| <p>22. 1st June</p> | <p>Section C – Cooking and food preparation</p> <p>Food safety</p> | <p>Conditions and control for bacterial growth</p> <p>Growth conditions and control for mould growth and yeast production</p> <p>Signs of food spoilage</p> <p>Helpful properties of micro-organisms in food production</p> <p>Buying food</p> <p>Storing food</p> <p>Preparing food</p> <p>Cooking and serving food</p> | <ul style="list-style-type: none"> • The role of time, temperature, moisture and food availability • The role of time, temperature, moisture and food availability • Natural decay, enzyme action and yeast production • Types of micro-organisms and key points • Labelling and date marks • Visual checks • Reputable supplier • Types of storage and how to store foods correctly • Preventing cross contamination and food poisoning: direct and indirect methods • High-risk foods, critical temperatures | <ul style="list-style-type: none"> • Use the revision guide to make revision notes, revision cards, mind maps, posters, etc • Ask someone to test you • Used BBC bitesize revision resources • SENECA • Answer practise exam questions • Look in student resources on this section and Total Revision • Other... |
| <p>23. 8th June</p> | <p>Use this time to answer past exam papers and re-answers questions from lesson time. Also, to double check any areas you are not 100% sure</p> <p style="text-align: center;">EXAM Tuesday 9th June 1pm - GOOD LUCK 😊</p> | | | |

