

Food Preparation and Nutrition Year 11 Revision Timetable

Please refer to the Course textbook (digital book), your revision guide, and your class note book. The chapters below correspond to the course textbook (Digital book AQA GCSE FOOD PREPARATION AND NUTRITION, A.Tull and G.Littlewood) Please use both the course textbook, the revision guide, and the aqa website for practice exam questions. In the textbook/digital book each chapter has practice exam questions at the end, along with a quiz to check learning.

THE EXAM – 1 Hour 45 Minutes. It will comprise of 20 Multiple choice questions, followed by a mixture of long and short answer questions.

USEFUL RESOURCES

CGP Revision Guide purchased through school in Year 10

Class Notebooks

Course Textbook (Digital Book) <http://www.illuminate.digital/aqafood/>

Username: SJAMES3

Password: STUDENT3

Navigate by typing in the page number

Or if you have a physical copy of the course textbook which I would definitely recommend for revision: AQA GCSE FOOD PREPARATION AND NUTRITION, A.Tull and G.Littlewood

Useful revision websites & apps

<https://www.bbc.co.uk/bitesize/subjects/zdn9jhv>

(Use the Home Economics Food and Nutrition one on bite size as the topics are the same as in the AQA Spec)

<https://senecalearning.com/en-GB/blog/gcse-food-preparation-nutrition-revision/>

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

Week Commencing	Topic	Revision activity	R	A	G	Specific Areas to Improve
29/9/25	Nutrients Proteins Fats Carbohydrates Vitamins Minerals Water	Digital Book Practice questions throughout Chapter 1 pages 2 - 36				
6/10/25	Nutritional Needs and Health Making informed food choices for a varied and balanced diet Energy Needs Nutritional Analysis Diet, nutrition and health	Digital Book Practice questions throughout Chapter 2 pages 38 - 70				
13/10/25	Cooking of food and heat transfer	Digital Book pages 78 - 90 Practice questions page 90				
20/10/25	Functional and chemical properties of food	Digital book pages 105-140 Practice questions throughout Chapter 4				
27/10/25	Food spoilage and contamination and Principles of food safety	Digital book pages 158-192 Practice questions throughout Chapter 5/6				
3/11/25	Factors affecting Food Choice	Digital Book pages 202-220. Practice questions page 210				

	British and International cuisines	Digital Book Page 237 Practice questions page 246				
10/11/25	Sensory Evaluation	Digital Book page 247 Practice questions page 254				
	Environmental Impact and Sustainability	Digital Book pages 255 – 269. Practice questions on page 269				
	Processing and Production	Digital Book pages 274 – 284. Practice questions pages 283 and 289				