

# 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. **The exam date is Thursday 11<sup>th</sup> June.**

## USEFUL RESOURCES

CGP Revision Guide purchased through school in Year 10

Class Notebooks

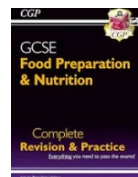
Course Textbook (Digital Book) <http://www.illuminate.digital/aqafood/>

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
23/02/26	<b>Macronutrients</b> <b>Protein</b> <ul style="list-style-type: none"> <li>low and high biological value proteins</li> <li>protein complementation</li> <li>protein alternatives eg textured vegetable protein (TVP), soya, mycoprotein and tofu.</li> </ul> <b>Fats</b> <ul style="list-style-type: none"> <li>saturated fats</li> <li>unsaturated fats (monounsaturated and polyunsaturated).</li> </ul> <b>Carbohydrates</b> <ul style="list-style-type: none"> <li>starch (polysaccharides)</li> <li>sugars (monosaccharides/disaccharides)</li> <li>dietary fibre.</li> </ul>	Digital Book Practice questions throughout Chapter 1 pages 2 – 36  Revision guide Pages 1-5				
23/03/26	<b>Micronutrients</b> <b>Vitamins</b> <b>Fat soluble</b> <ul style="list-style-type: none"> <li>vitamin A</li> <li>vitamin D</li> <li>vitamin E</li> <li>vitamin K</li> </ul> <b>Water soluble</b> <ul style="list-style-type: none"> <li>B group – B1 (thiamin), B2 (riboflavin), B3 (niacin), folic acid, B12</li> <li>vitamin C (ascorbic acid)</li> </ul>	Digital Book Practice questions throughout Chapter 1 pages 2 – 36  Revision guide Pages 10-13				

	<ul style="list-style-type: none"> <li>loss of water soluble vitamins when cooking (B group and Vitamin C).</li> </ul> <b>Antioxidant functions of vitamins</b> <ul style="list-style-type: none"> <li>vitamin A</li> <li>vitamin C</li> <li>vitamin E.</li> </ul> <u>Minerals</u> <ul style="list-style-type: none"> <li>calcium</li> <li>iron</li> <li>sodium (salt)</li> <li>fluoride</li> <li>iodine</li> <li>phosphorus.</li> </ul> <u>Water</u> The importance of hydration and the functions of water in the diet.				
13/04/26	<b>Nutritional needs and health</b> <ul style="list-style-type: none"> <li>Making informed choices for a varied and balanced diet</li> </ul>	Digital Book Practice questions throughout Chapter 2 pages 38 – 70  Revision guide Pages 16-19			
20/04/26	<b>Energy needs</b> <ul style="list-style-type: none"> <li>the basal metabolic rate (BMR) and physical activity level (PAL)</li> </ul>	Digital Book Practice questions throughout Chapter 2 pages 38 – 70  Revision guide Page 23			
27/04/26	<b>Diet, nutrition and health</b> <ul style="list-style-type: none"> <li>the relationship between diet, nutrition and health</li> <li>the major diet related health risks.</li> </ul>	Digital Book Practice questions throughout Chapter 2 pages 38 – 70  Revision guide Pages 24-26			
04/05/26	<b>Cooking methods</b> <ul style="list-style-type: none"> <li>why food is cooked</li> <li>heat transfer methods</li> </ul>	Digital Book pages 78 - 90 Practice questions page 90  Revision guide Pages 33-35			
11/05/26	<b>Functional and chemical properties of food</b> <u>Proteins</u> <ul style="list-style-type: none"> <li>protein denaturation</li> <li>protein coagulation</li> <li>gluten formation</li> <li>foam formation.</li> </ul> <u>Carbohydrates</u> <ul style="list-style-type: none"> <li>gelatinisation</li> <li>dextrinisation</li> <li>caramelisation.</li> </ul> <u>Fats</u> <ul style="list-style-type: none"> <li>shortening</li> </ul>	Digital book pages 105-140 Practice questions throughout Chapter 4  Revision guide Pages 39-41			

	<ul style="list-style-type: none"> <li>• aeration</li> <li>• plasticity</li> <li>• emulsification.</li> </ul> <u>Fruits &amp; vegetables</u> <ul style="list-style-type: none"> <li>• enzymic browning</li> <li>• oxidation.</li> </ul>				
18/05/26	<b>Raising agents</b> <ul style="list-style-type: none"> <li>• Chemical</li> <li>• Biological</li> <li>• mechanical</li> </ul>	Digital book pages 105-140 Practice questions throughout Chapter 4  Revision guide Page 43			
25/05/26	<b>Food spoilage and contamination</b> <ul style="list-style-type: none"> <li>• Microorganisms and enzymes</li> <li>• The signs of food spoilage</li> <li>• Microorganisms in food production</li> <li>• Bacterial contamination</li> </ul>	Digital book pages 158-192 Practice questions throughout Chapter 5/6  Revision guide Pages 48-49			
	<b>Principles of food safety</b> <ul style="list-style-type: none"> <li>• Buying and storing food</li> <li>• Preparing, cooking and serving food</li> </ul>	Digital book pages 158-192 Practice questions throughout Chapter 5/6  Revision guide Pages 50-52			
01/06/26	<b>Factors affecting food choice</b> <ul style="list-style-type: none"> <li>• Religion, culture, ethical and moral beliefs and medical conditions.</li> <li>• Food labelling and marketing influences</li> <li>• British and international cuisines</li> <li>• Sensory evaluation</li> </ul>	Digital Book pages 202-220. Practice questions page 210 Digital Book Page 237 Practice questions page 246  Revision guide Pages 59-63			
08/06/26	<b>Food provenance</b> <ul style="list-style-type: none"> <li>• Environmental impact and sustainability of food</li> <li>• Food processing and production</li> <li>• Fortification and modified foods</li> </ul>	Digital Book pages 255 – 269. Practice questions on page 269  Revision guide Pages 78-93			