

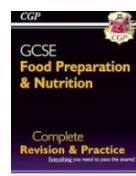
Food Preparation and Nutrition Year 11 Revision Timetable

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. 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/zdn9jhw>

(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>

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

<p>Antioxidant functions of vitamins</p> <ul style="list-style-type: none"> • vitamin A • vitamin C • vitamin E. <p>Minerals</p> <ul style="list-style-type: none"> • calcium • iron • sodium (salt) • fluoride • iodine • phosphorus. <p>Water The importance of hydration and the functions of water in the diet.</p>				
<p>Cooking methods</p> <ul style="list-style-type: none"> • why food is cooked • heat transfer methods 	<p>Digital Book pages 78 - 90 Practice questions page 90</p> <p>Revision guide Pages 33-35</p>			
<p>Functional and chemical properties of food</p> <p>Proteins</p> <ul style="list-style-type: none"> • protein denaturation • protein coagulation • gluten formation • foam formation. <p>Carbohydrates</p> <ul style="list-style-type: none"> • gelatinisation • dextrinisation • caramelisation. <p>Fats</p> <ul style="list-style-type: none"> • shortening • aeration • plasticity • emulsification. <p>Fruits & vegetables</p> <ul style="list-style-type: none"> • enzymic browning • oxidation. 	<p>Digital book pages 105-140 Practice questions throughout Chapter 4</p> <p>Revision guide Pages 39-41</p>			
<p>Principles of food safety</p> <ul style="list-style-type: none"> • Buying and storing food • Preparing, cooking and serving food 	<p>Digital book pages 158-192 Practice questions throughout Chapter 5/6</p> <p>Revision guide Pages 50-52</p>			
<p>Factors affecting food choice</p> <ul style="list-style-type: none"> • Religion, culture, ethical and moral beliefs and medical conditions. • Food labelling and marketing influences • British and international cuisines • Sensory evaluation 	<p>Digital Book pages 202-220. Practice questions page 210 Digital Book Page 237 Practice questions page 246</p> <p>Revision guide Pages 59-63</p>			