

How to Succeed in Food Preparation & Nutrition



Course Information

Exam Board	Aqa
Exam Structure	Non-exam assessment 1, non-exam assessment 2 and a written exam
Specification weblink	https://www.aqa.org.uk/subjects/food-preparation-and-nutrition/gcse/food-preparation-and-nutrition-8585/specification/specification-at-a-glance
Practice exam papers weblink	https://www.aqa.org.uk/find-past-papers-and-mark-schemes?qualification=GCSE%20Food%20preparation%20and%20nutrition

Units/Topics studied

1. Food, nutrition and health
2. Food science
3. Food safety
4. Food choice
5. Food provenance.

Use link below for further information on topics

<https://www.aqa.org.uk/subjects/food-preparation-and-nutrition/gcse/food-preparation-and-nutrition-8585/specification/subject-content>

Revision strategies and materials

Top Tips

- Practise little and often
- Don't spend ages making 'pretty notes'
- Use a revision guide to make 'stuff'
- Turn your phone/tv/music off for studying
- Practise and mark past paper questions
- Spend more time using a resource than making it.

Collins revision guide-Aqa GCSE 9-1 Food Preparation & Nutrition

Textbook- Aqa GCSE food preparation and Nutrition-Anita Tull

Gcse pod

British nutrition foundation Website

<https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKewj-qsmugPOKAxUNXkEAHW96BkcQFnoECAwQAQ&url=https%3A%2F%2Fwww.nutrition.org.uk%2F&usg=AOvVaw3QSepQewxkWMPPrWW2N5vWa&opi=89978449>

Foodafactoflife website

Free education resources for teaching young people aged 3-16 years about where food comes from, cooking and healthy eating, and teacher training. - Food A Fact Of Life