

# FOOD PREPARATION AND NUTRITION

**Exam Board:** AQA

**Course:** GCSE Food Preparation and Nutrition

**Assessment:** 50% Controlled Assessment:

- 15% food investigation: TO BE COMPLETED BY NOVEMBER 2019
- 35% food preparation: TO BE COMPLETED BY FEBRUARY 2020

50% Written Exam: June 2020 (TBC)

## PREPARING FOR THE EXAM

Revision Guides are now available from the school shop priced £4.20. The written exam is a mix of multiple choice questions and questions requiring longer style answers. The exam will focus on the following subjects:

Topic	Essential Knowledge
Nutrition and health	Macronutrients and Micronutrients – why they are important and what happens if you don't have sufficient eg lack of iron causes anaemia.
Food Safety	The 4 Cs (chilling, cooking, cross-contamination and cleaning). Key temperatures (-18c, 0-5c, 63c and 75c).
Food Provenance	Farming and food production methods. Primary and Secondary processing of food eg wheat into flour, flour into bread. Food labelling.
Food Choice	Different factors affecting food choice including medical considerations, culture and beliefs, income and lifestyle.

Extra Controlled Assessment and Exam Preparation Support will take place during PE Bubble

A Revision Day will be offered during the May half-term holidays.