

Structure of Exam

In GCSE Food Preparation and Nutrition has three assessment pieces:

- NEA 1: Food Investigation (15%)
- NEA 2: Prepare, plan and cook (35%)
- Written examination (50%)

Your examination is out of 100 marks and is 1 hour 45 minutes in length. Your exam is split into two sections:

Section A consists of multiple choice questions (20 marks available).

Section B consists of questions on knowledge of the key topics (80 marks available).

Exam Paper Links

The exam board for Food Preparation and Nutrition course is **AQA**.

On the **AQA** website there is **one written paper and mark scheme** which you could print off and focus on a question at a time.

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

There are numerous papers available on the **AQA website** with mark schemes and examiners reports under each section, for the previous GCSE specification which has similar content. Click the link below to view them:

[AQA Food Technology past papers and answers](#)

Exam papers are under the Unit 1 sub headings. Click the arrow to open them up.

Useful Websites / Apps

Digital bundle

Access the information required through; text, animations, practice questions and quizzes. See PLC for specific pages per topic

<http://illuminate.digital/aqafood/>

Username: SHEATH3 Password: STUDENT3

BBC Bitesize

Access to videos

<https://www.bbc.co.uk/education/subjects/z48jmp3>

Recommended revision guides

- AQA GCSE Food Preparation & Nutrition: Revision Guide by Anita Tull. Illuminate publishing. £12.99.
- AQA GCSE Food Preparation and Nutrition All-in-One Revision and Practice by Collins. £10.98.

Revision Activities

Revision tasks to be completed:

Use the PLC you completed in lesson to focus your revision. You need to ensure that you have revised the topics which you identified as red or amber.

Revise the following:

- Planning balanced meals for children (5-12) and teenagers
- Why food is cooked
- How to reduce the risk of coronary heart disease (CHD) / stroke / high blood pressure / obesity
- Methods of heat transfer; conduction, convection and radiation.
- Food science; coagulation, caramalisation, dextrinization, gelatinisation, plasticity, shortening and aeration.
- How foods become contaminated with bacteria.
- How to prevent bacterial contamination.
- Environmental issues associated with food, for example the effects of climate change in food production.

Tips to Answer Common Questions

Top five Tips:

1. **Thoroughly read the question and highlight the keywords.** Make sure you are clear with:
 - How many marks are available?
 - What the examiner is looking for.
 - Identify examples to show your understanding.
2. Ensure you understand the command word; **state, explain, describe, compare.** What is the examiner asking you to do?
3. Use **keywords**, for example; 'coagulation' and 'radiation'.
4. When you get a high mark question **break it down into chunks.** For example if it is asking for advantages and disadvantages and it is worth 8 marks you need to think of four advantages and four disadvantages.
5. **If you are stuck on a question draw a star next to it and come back to it later.**
6. **Read through your answers** and extend them. Check that you have answered the question, included keywords and made a point for each mark available.