

## GCSE Food Preparation and Nutrition

One examination of 1 hour 45 minutes worth 50% of the full GCSE. (Monday 20<sup>th</sup> June. PM)

For this year's examination, AQA have said **longer answer questions** will be based around the following topics:

### **Making informed choices**

- the current guidelines for a healthy diet
- portion size and costing when meal planning
- how people's nutritional needs change and how to plan a balanced diet for different life stages
- how to plan a balanced meal for specific dietary groups
- how to maintain a healthy body weight throughout life

### **Diet, nutrition and health**

- the relationship between diet, nutrition and health
- major diet related health risks

### **Carbohydrates**

- Gelatinisation
- Dextrinisation
- Caramelisation

### **Buying and storing food**

- the food safety principles when buying and storing food

### **Preparing, cooking and serving**

- the food safety principles when preparing, cooking and serving food

### **Factors affecting food choice**

- To know and understand factors which may influence food choice.

### **Food and the environment**

- environmental issues associated with food

### **Food production**

- Primary and Secondary stages of processing and production
- how processing affects the sensory and nutritional properties of ingredients

**Please note: multiple choice and one mark questions can ask for information from the full curriculum.**

## Revision

Information for each area is available on **Google Classrooms**, in addition to the work in exercise books.

- 11a - [zveioag](#)
- 11b - [en7ki74](#)

## Seneca Revision Materials

<https://app.senecalearning.com/dashboard/join-class/dlr5thaxcn>