



Ensuring Success in Year 10: Food Preparation & Nutrition

Qualification:	GCSE Food Preparation & Nutrition (8585)
Exam board details and website link:	AQA AQA Food GCSE Food Preparation and Nutrition
Scheme of Assessment (number of papers / duration etc):	Paper 1: Food Preparation & Nutrition 1 hr 45 mins.
How to access past / sample exam papers, mark schemes, examiners reports, etc:	AQA GCSE Food Preparation and Nutrition Assessment resources
Where/how to access revision materials:	Class book (knowledge organisers), past exam questions.
Optional revision guides / texts to purchase:	<ul style="list-style-type: none"> AQA GCSE 9-1 Food Preparation & Nutrition Complete Revision & Practice: Ideal for the 2024 and 2025 exams (Collins GCSE Grade 9-1 Revision) : Collins GCSE, Balding, Fiona, Callaghan, Kath, Gray, Suzanne, Monks, Barbara, Rathmill, Barbara, Davies, Louise T: Amazon.co.uk: Books
Suggested revision techniques:	<ul style="list-style-type: none"> Practice questions Look, cover, write, check, repeat Teach your parent/sibling Mini quizzes Mindmaps <p style="text-align: right;">DO NOT JUST READ YOUR NOTES!</p>
Useful exam tips / Common mistakes to avoid	<ul style="list-style-type: none"> Make sure you apply practical skills and understanding to written tasks. Link your food science NEA to what is happening when a food is cooked. Describe = detailed response – knowledge. Evaluation = strengths and weaknesses. Remember to use PEEL structure when evaluating. When you have a stem/scenario – make sure you apply your answer to it.

Year 10 Mock Information

GCSE Food Preparation & Nutrition

Number of papers and duration	1 Paper (90 minutes)
Topics / information to revise	Food Safety unit Food, Nutrition & health unit Food choice unit Practical skills
Where/how to access revision materials:	Class book, knowledge organisers., Fun kitchen GCSE Food Preparation and Nutrition - YouTube