

How to Revise Week

Question-a-day and 20 minute Revision tasks
March & April 2025

Subject: Food Preparation & Nutrition.



The HENRY
BEAUFORT School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	NOTES:
<p>24th March List 2 food hygiene rules for the following:</p> <p>Storing food; Preparing food; cooking food; Serving food.</p>	<p>25th March Temperature probe</p> <p>Explain what a temperature probe and give 3 rules for using it.</p>	<p>26th March Key temperatures</p> <p>Draw a thermometer marking fridge, freezer and danger zone temperatures.</p>	<p>27th March List the 3 macro nutrients with functions.</p> <p>Give 3 food sources of each macro nutrient.</p>	<p>28th March</p> <p>List 4 ways of increasing fibre when preparing meals.</p>	<p>29th March Micro nutrients Minerals</p> <p>Name the function and sources of iron and calcium.</p>	<p>30th March Macro nutrients</p> <p>Explain the difference between saturated and unsaturated fats.</p>	
<p>31st March Micro nutrients</p> <p>List the water soluble and fat soluble vitamins.</p>	<p>1st April List the deficiency diseases for iron, calcium, vitamins A, B C and D</p>	<p>2nd April Explain the difference between a use by and a best before date on food.</p>	<p>3rd April List 4 water based and 3 fat-based cooking methods.</p>	<p>4th April Seasonal Foods Give 3 advantages of seasonal foods and 2 examples of foods for each season.</p>	<p>5th April Organic farming Explain what is meant by organic farming and give 3 examples of organic foods</p>	<p>6th April Secondary Processing Explain how fruit is made into jam.</p>	
<p>7th April Explain what is meant by cross contamination and suggest 5 ways of avoiding it in the kitchen.</p>	<p>8th April Fair trade</p> <p>What is meant by fair trade foods? Give 4 examples and give 2 advantages and 2 disadvantages of buying fair trade foods.</p>	<p>9th April Carbohydrates</p> <p>Explain the role of starchy foods in the body. Give 4 examples.</p>	<p>10th April Explain the difference between primary and secondary food processing and Give 2 example food products for each.</p>	<p>11th April Dietary fibre</p> <p>What is the function of fibre, how much do we need daily and Which foods is it found in?</p>	<p>12th April Explain the nutritional needs of young children.</p>	<p>13th April Name 3 food poisoning bacteria</p>	
<p>20 minute revision task Nutritional labelling</p>	<p>20 minute revision task Home learning Food safety.</p>	<p>20 minute revision task Food logos</p>	<p>20 minute revision task Digestion knowledge organiser</p>	<p>20 minute revision task Eat well guide knowledge organiser</p>			
			<p>Make a revision card on the Eat well guide</p>	<p>Make a revision card on the Eat well guide</p>			

Subject: Food Preparation & Nutrition	Exam Board: AQA	Mock exam Paper: full GCSE paper
<p>The paper is 1 hour 45 minutes.</p> <p>There are 20 multi choice questions at the start of the paper.</p> <p>Use your class books and the CPG Revision Guide.</p> <p>Topics to revise</p> <p>Food, nutrition and health – healthy eating guidelines for meal planning (eat well guide) dietary related diseases.</p> <p>Food Science – gelatinisation, dextrinisation, aeration, shortening.</p> <p>Food safety - storage, preparation, cooking and serving food. Food poisoning.</p> <p>Food choice – cultural, social, moral and religious food choices.</p> <p>Food provenance - fair trade, primary and secondary food processing.</p>		