Y11 Exam Information

Food, Preparation & Nutrition

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KEY DATES

November Mock – Thursday 12th November - 9am

February Mock – 3rd – 14th March

NEA1 Practical 15/16/17 October

NEA1 Coursework Deadline – Friday 24th October (half-term)

NEA2 Trial days 14/15/16 January

NEA2 (3 Dish Practical Final) Deadline – 11/12/13 February

Actual Deadline for Coursework NEA2 Monday 23rd February (Half-term)

Summer Exam – 24th May4 – PM – 1hr45mins

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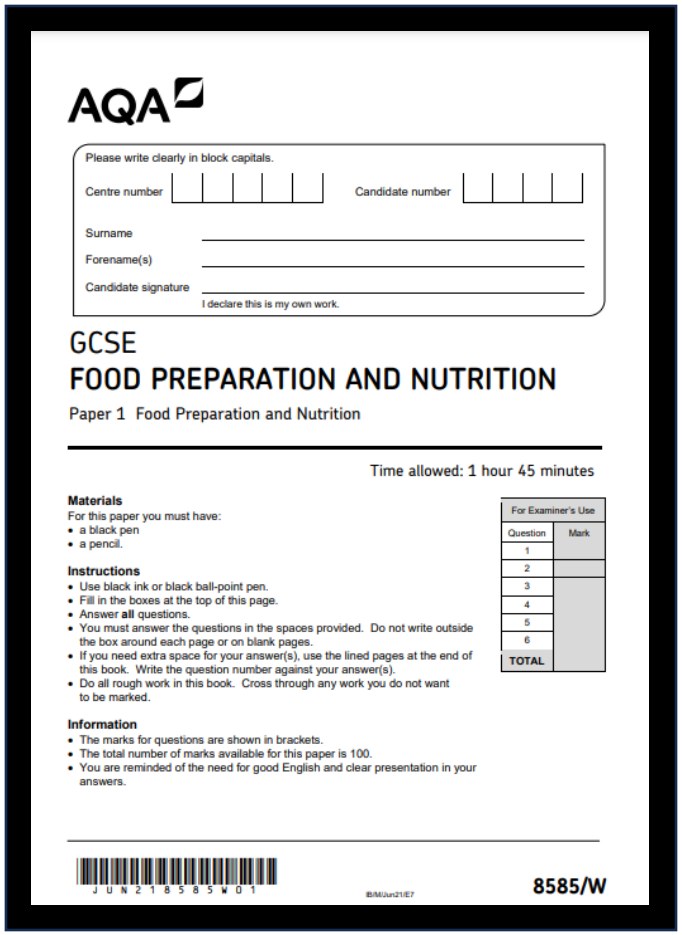
EXAM BOARD OVERVIEW – WRITTEN EXAM



AQA

Please write clearly in block capitals.

Centre number | Candidate number

Surname

Forename(s)

Candidate signature

I declare this is my own work.

GCSE

FOOD PREPARATION AND NUTRITION

Paper 1 Food Preparation and Nutrition

Time allowed: 1 hour 45 minutes

Materials

For this paper you must have:
- a black pen
- a pencil.

Instructions
- Use black ink or black ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- If you need extra space for your answer(s), use the lined pages at the end of this book. Write the question number against your answer(s).
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information
- The marks for questions are shown in brackets.
- The total number of marks available for this paper is 100.
- You are reminded of the need for good English and clear presentation in your answers.

For Examiner's Use	
Question	Mark
1	
2	
3	
4	
5	
6	
TOTAL	

J U N 2 1 8 5 8 5 W 0 1

8585/W

- Exam - 50% of GCSE
- 1 hour 45-minute exam
- Max 100 marks
- Exam Paper - 2 sections
- A – Multiple Choice Questions (20 marks)
- B - Five questions each with a number of sub questions (80 Marks)

50%

1. Food, nutrition and health
2. Food science
3. Food safety
4. Food choice
5. Food provenance.

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EXAM BOARD OVERVIEW - COURSEWORK

Non-exam assessment (NEA)
What's assessed **Task 1:** Food investigation (30 marks) Students' understanding of the working characteristics, functional and chemical properties of ingredients. **Practical investigations are a compulsory element of this NEA task.** **Task 2:** Food preparation assessment (70 marks) Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task. Students will prepare, cook and present a final menu of three dishes within a single period of no more than three hours, planning in advance how this will be achieved.
How it's assessed • **Task 1:** Written or electronic report (1,500–2,000 words) including photographic evidence of the practical investigation. • **Task 2:** Written or electronic portfolio including photographic evidence. Photographic evidence of the three final dishes must be included.

TASK 1
15%

TASK 2
35%

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RESOURCE LOCATION

All support materials can be found on your son/daughters Teams inc. NEA support documents, Revision resources, websites and guides.

- ***The following links are good resources to help you organise your revision:***

- Useful website 1: BBC - Core knowledge & test yourself - https://www.bbc.co.uk/bitesize/subjects/zdn9jhv
- Useful website 2: https://senecalearning.com/en-GB/blog/gcse-food-preparation-nutrition-revision/
- Useful website 3: https://www.illuminate.digital/
- Useful website 4: https://www.foodafactoflife.org.uk/14-16-years/

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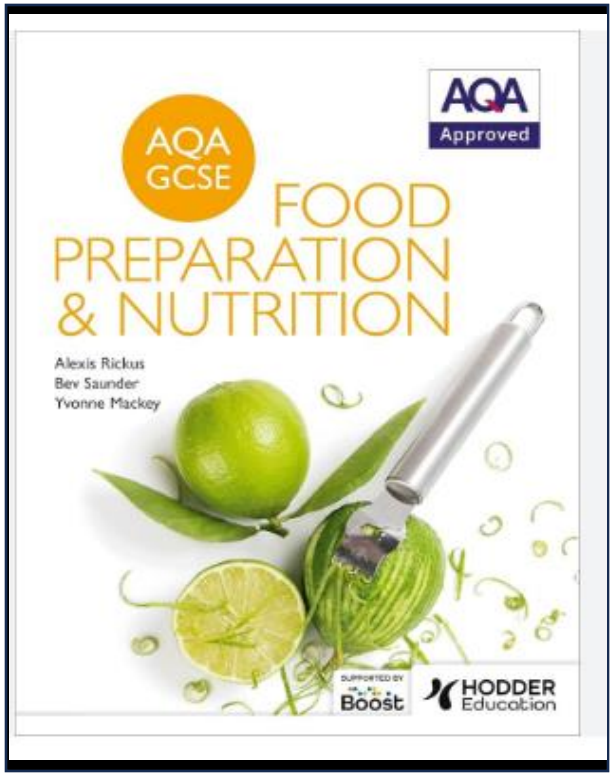
REVISION GUIDES

- ***The following revision guide will help you plan your revision:***

- AQA approved revision guide – Available on the Teams (free digital copy)



Digital Illuminate is a fantastic website resource

https://www.illuminate.digital/

Username: SHUISH3

Password: STUDENT3

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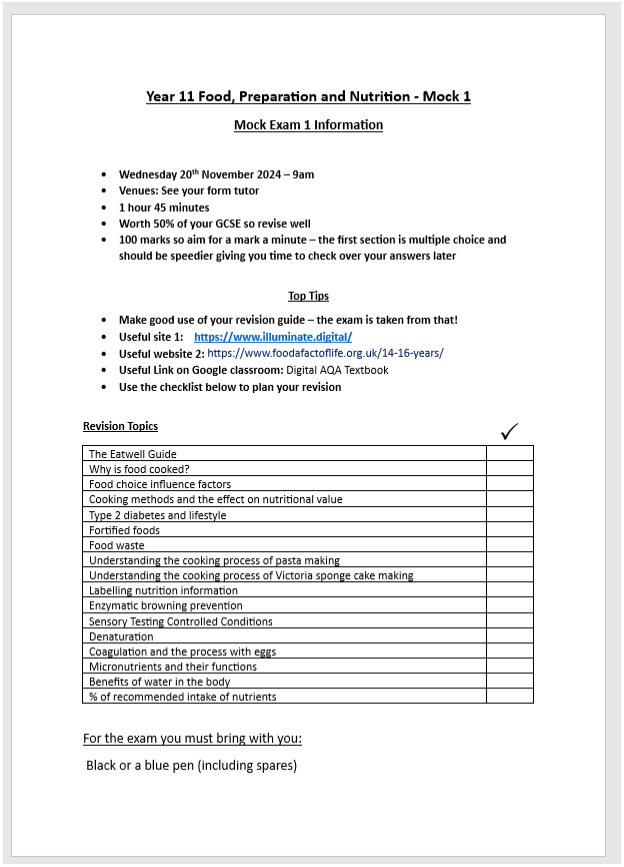
MOCK 1 - CONTENT



Year 11 Food, Preparation and Nutrition - Mock 1

Mock Exam 1 Information

- **Wednesday 20th November 2024 – 9am**
- **Venues: See your form tutor**
- **1 hour 45 minutes**
- **Worth 50% of your GCSE so revise well**
- **100 marks so aim for a mark a minute – the first section is multiple choice and should be speedier giving you time to check over your answers later**

Top Tips

- **Make good use of your revision guide – the exam is taken from that!**
- **Useful site 1:** https://www.illuminate.digital/
- **Useful website 2:** https://www.foodafactoflife.org.uk/14-16-years/
- **Useful Link on Google classroom:** Digital AQA Textbook
- **Use the checklist below to plan your revision**

Revision Topics ✓

The Eatwell Guide	
Why is food cooked?	
Food choice influence factors	
Cooking methods and the effect on nutritional value	
Type 2 diabetes and lifestyle	
Fortified foods	
Food waste	
Understanding the cooking process of pasta making	
Understanding the cooking process of Victoria sponge cake making	
Labelling nutrition information	
Enzymatic browning prevention	
Sensory Testing Controlled Conditions	
Denaturation	
Coagulation and the process with eggs	
Micronutrients and their functions	
Benefits of water in the body	
% of recommended intake of nutrients	

For the exam you must bring with you:

Black or a blue pen (including spares)

A copy of this content is available on your son/ daughter's Teams.

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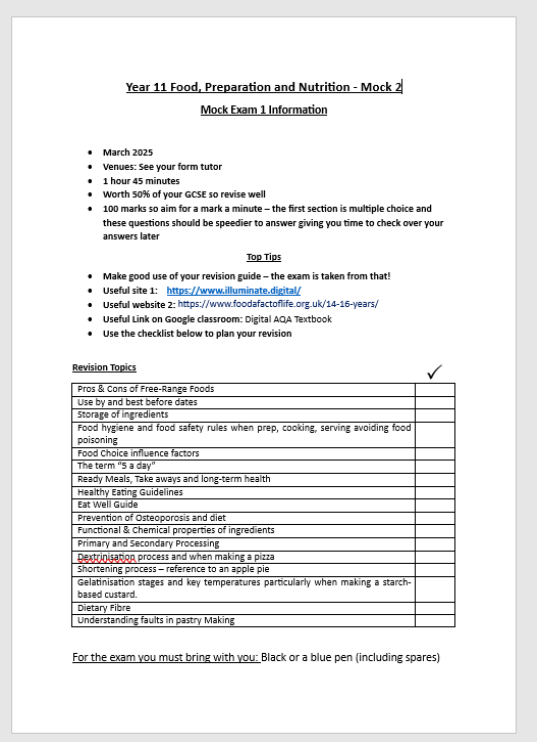
MOCK 2 - CONTENT



Year 11 Food, Preparation and Nutrition - Mock 2

Mock Exam 1 Information

- **March 2025**
- **Venues: See your form tutor**
- **1 hour 45 minutes**
- **Worth 50% of your GCSE so revise well**
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Top Tips

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- **Use the checklist below to plan your revision**

Revision Topics	✓
Pros & Cons of Free-Range Foods	
Use by and best before dates	
Storage of ingredients	
Food hygiene and food safety rules when prep, cooking, serving avoiding food poisoning	
Food Choice influence factors	
The term "5 a day"	
Ready Meals, Take aways and long-term health	
Healthy Eating Guidelines	
Eat Well Guide	
Prevention of Osteoporosis and diet	
Functional & Chemical properties of ingredients	
Primary and Secondary Processing	
Dextrinisation process and when making a pizza	
Shortening process – reference to an apple pie	
Gelatinisation stages and key temperatures particularly when making a starch-based custard.	
Dietary Fibre	
Understanding faults in pastry Making	

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HOW CAN PARENTS/CARERS HELP?

1. Support your son/daughter to meet the deadlines (checking their work – is it the best they can do?)

2. Ensure your son/daughter does 1 hour of homework per week – NEA/Revision style work (again checking they have done this)

3. Please encourage your son/daughter to attend extra sessions

4. Encourage your son/daughter to start revising – create a timetable and start now!

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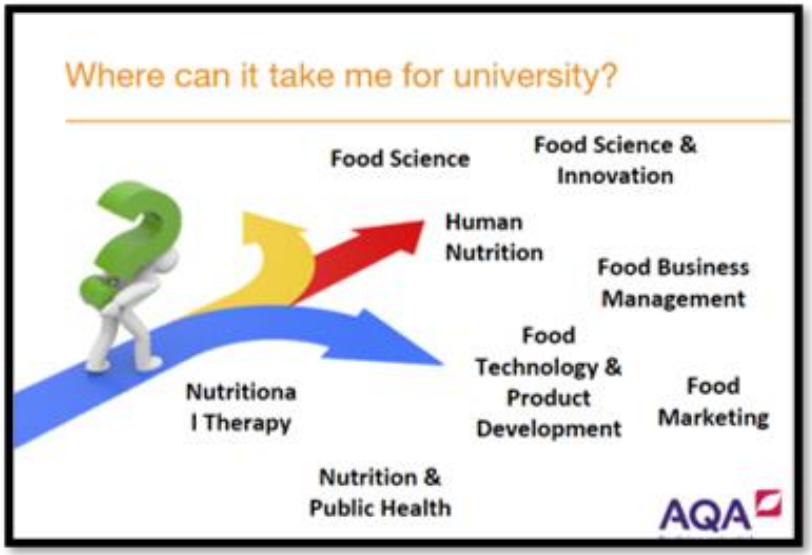
POST-16 OPPORTUNITIES

Restaurant Manager
Food Scientist
Food Teacher
Food Taster
Cookbook Writer
Food Stylist
Farmer
Dietitian
Nutritionist
Chef
Food Hygiene Inspector



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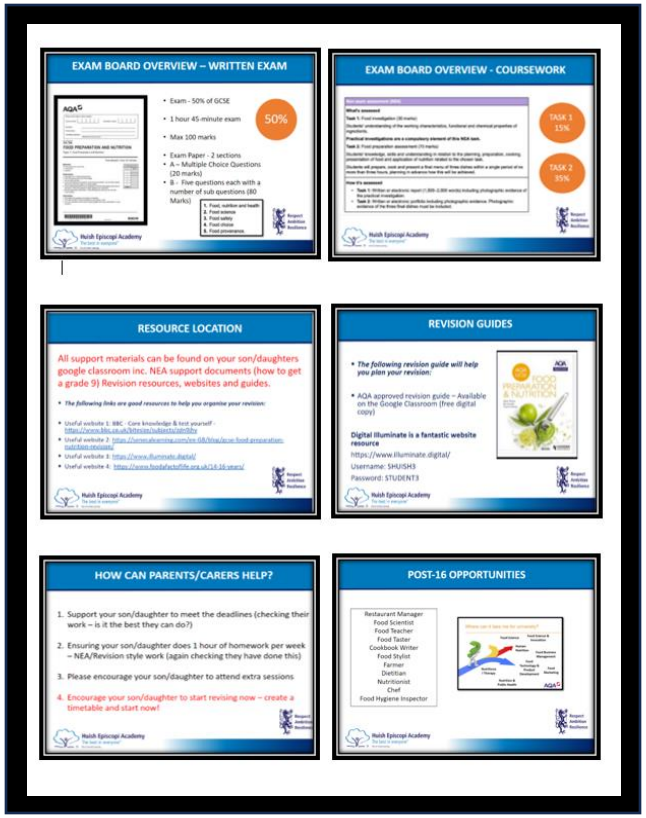
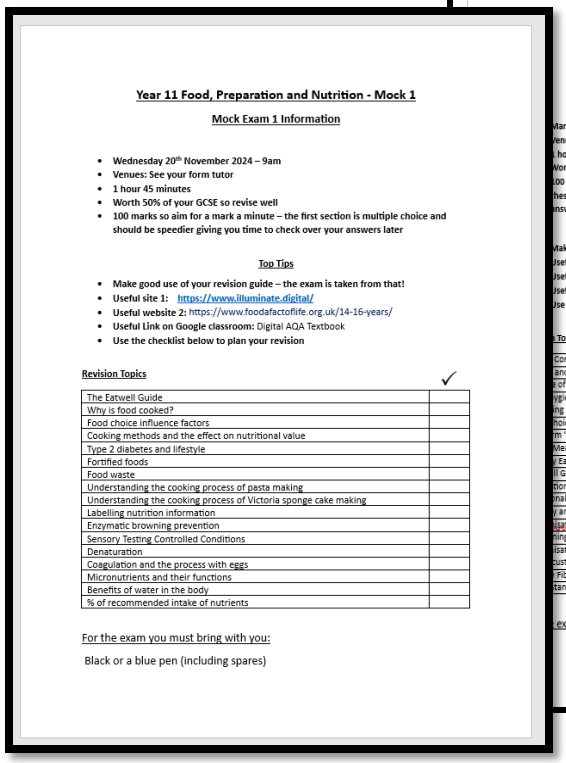
PLEASE TAKE A HANDOUT

Slides from tonight



Mock 1 Content



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Micronutrients and their functions	
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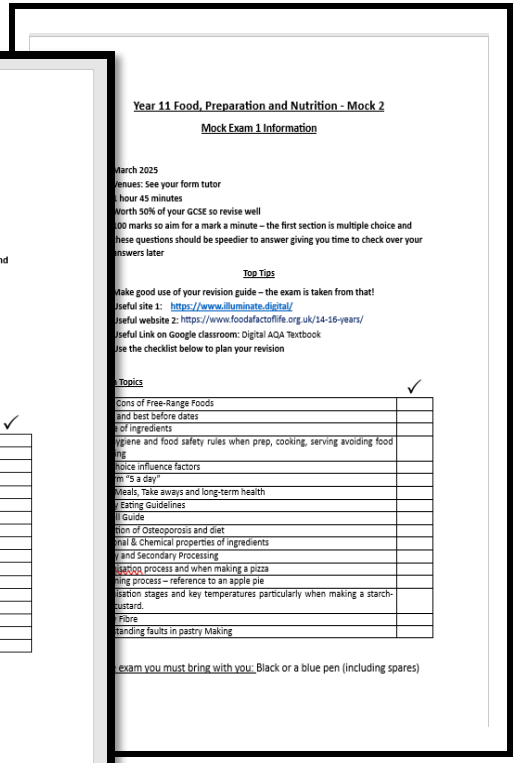
Mock 2 Content



Year 11 Food, Preparation and Nutrition - Mock 2

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