

## GCSE AQA Food Preparation and Nutrition

### Areas of Content

1. Food commodities
2. Principles of nutrition
3. Diet and good health
4. The science of food
5. Where food comes from
6. Cooking and food preparation

NEA2- Student are given 3 topics to choose from for their practical Exams

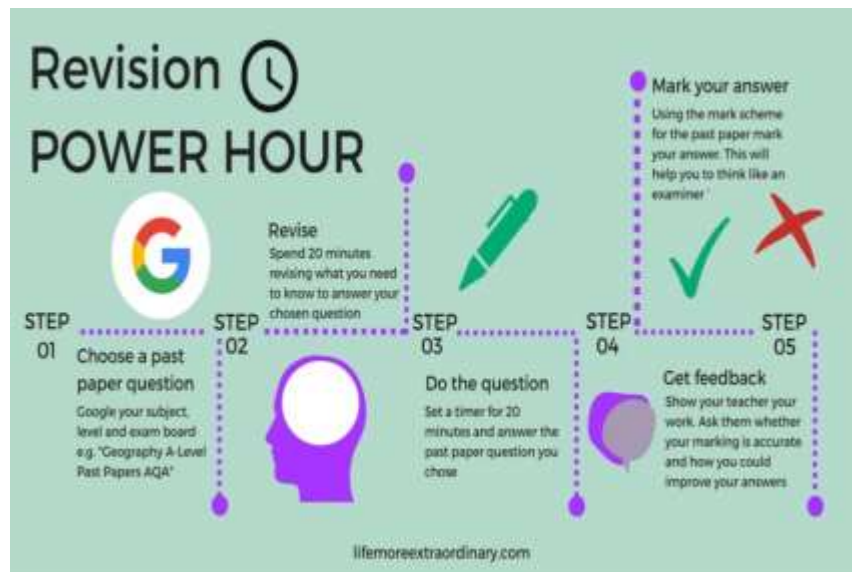
Final Practical exam dates 12th and 13th February 2024 (Students will be advised of their dates for practical Exam)

### Tips for success

- Complete the revision tasks set for them.
- Use a range of different techniques for revision.
- Learn key vocabulary.
- Revision should be repetitive, revisiting it once is unlikely to be enough.
- High levels of effort.
- Focus revision on the parts that are most difficult first.
- Practice, practice, practice

### Revision Techniques

- Revision clocks
- Revision Cards
- Mind maps
- Mind Palaces
- Practice Questions
- Read, Cover, Repeat
- Key word tests
- Online quizzes
- Brainscape Cards
- GCSE Bitesize
- Checklist Questions



## Useful sources of information

- CGP revision guide
- BBC Bitesize
- Brainscape Flash Cards
- Knowledge Organisers for each topic
- Seneca (online resource)
- Classwork notes



## How can parents support?

- Test pupil's on their key terms and command words.
- Encourage them to vary their revision techniques.
- Ask to see their revision, get them to tell you about what they've revised.
- Encourage them to make effective use of the time available for revision in school.
- Direct them to the dedicated revision FROG page.
- At this stage 1-2 hours revision a week, little and often is the key.
- Make sure they aren't working too hard, breaks and relaxation are important too