

**FOOD**

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# SUBJECT: Food Preparation and Nutrition

## What exams will I take in the Summer Term?

Exam Board: AQA

Paper Name	Topics	Time of paper
Written Thursday 11 June	Food, Nutrition and Health · Food Science Food Safety · Food Choice · Food Provenance	1h 45

## Support in school:

Drop-in revision sessions:

- Monday lunchtimes and after school – D03/D15 (lunchtime) and D07 (after school)– all students can attend
- Tuesday lunchtimes – D03/D15 - all students can attend
- Thursday lunchtimes – D03/D15 - all students can attend
- Friday lunchtimes – D03/D15 - all students can attend



## Our Year 11 plan, including key dates and topics

TERM 1	TERM 2	TERM 3
<b>NEA Release dates:</b> 1 September – Task One	<b>Food Preparation Task:</b> <b>Planning:</b> <b>Final deadline:</b> <b>Section A, B and C:</b> <b>Practical Exam Date – w/c 9 Feb</b>	<b>Revision:</b> <b>Food, nutrition and health:</b> Macronutrients Micronutrients Nutritional needs and health <b>Food Science:</b> Cooking of Food and Heat Transfer Functional and chemical properties of food <b>Food Safety:</b> Food spoilage and contamination Principles of food safety <b>Food Provenance:</b> Environmental impact and sustainability of food Food production and processing <b>Food Choice:</b> Factors affecting food choice British and International cuisine Sensory evaluation
<b>Food Preparation Task:</b> Research and planning 20 Hours 20 A4 sides 35% of final GCSE	<b>Practical Exam:</b> <b>9, 10, 11, 12 and 13 February</b> <b>3 Hour Practical Exams</b> <b>Section D and E - 6th March</b>	<b>Revision:</b> <b>Food, nutrition and Health:</b> Macronutrients Micronutrients Nutritional needs and health <b>Food Science:</b> Cooking of Food and Heat Transfer Functional and chemical properties of food <b>Food Safety:</b> Food spoilage and contamination Principles of food safety <b>Food Choice:</b> Factors affecting food choice British and International cuisine Sensory evaluation
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**Week 1: w/c 16 February 2026 – HALF TERM**

<b>You MUST do</b>	<b>✓</b>	<b>RAG</b>
Complete the showbie assignment extensions for this week's topic including making flashcards, mindmaps or other revision resources that work for your learning style.		
Use the AQA written exam content RAG sheet (from your showbie folder) to annotate which elements of this topic are a strength or require more revision.		

<b>You SHOULD do</b>	<b>✓</b>	<b>RAG</b>
Complete the section of the revision guide and workbook that links to this week's topic. The revision guide and workbook can be found in your showbie folder.		

<b>You COULD do</b>	<b>✓</b>	<b>RAG</b>
Use BBC Bitesize to test your knowledge, focus on our topic this week.		
Use Seneca to self-test, focus on our topic this week.		
Complete a past paper focussing on questions that relate to our chosen topic. Past paper questions can be located in your showbie folder. Use these papers to extend your answers.		

**Week 2: w/c 23 February 2026**

<b>You MUST do</b>	<b>✓</b>	<b>RAG</b>
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**Week 3: w/c 2 March 2026**

<b>You MUST do</b>	<b>✓</b>	<b>RAG</b>
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**Week 4: w/c 9 March 2026**

<b>You MUST do</b>	<b>✓</b>	<b>RAG</b>
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**Week 5: w/c 16 March 2026**

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**Week 6: w/c 23 March 2026**

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**Week 7: w/c 30 March 2026 – EASTER BREAK week 1**

<b>You MUST do</b>	<b>✓</b>	<b>RAG</b>
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**Week 8: w/c 6 April 2026 – EASTER BREAK week 2**

<b>You MUST do</b>	<b>✓</b>	<b>RAG</b>
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**Week 9: w/c 13 April 2026**

<b>You MUST do</b>	<b>✓</b>	<b>RAG</b>
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**Week 10: w/c 20 April 2026**

<b>You MUST do</b>	<b>✓</b>	<b>RAG</b>
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**Week 11: w/c 27 April 2026**

<b>You MUST do</b>	<b>✓</b>	<b>RAG</b>
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**Week 11: w/c 4 May 2026**

<b>You MUST do</b>	<b>✓</b>	<b>RAG</b>
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