



Noadswood

Year 11 GCSE Food Preparation and Nutrition Information



The Course



Exam Board: WJEC

Syllabus: GCSE Food Preparation and Nutrition

Key Topic areas:

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 Picnic in the park theme

Exam Practical dates 2nd and 3rd March 2021 (Students will be advised of their dates for practical Exam)

Revision and catch up Groups
Tuesday 3-4pm

Assessment Structure 2020:

There are 3 parts to the assessment at GCSE, all of which will be assessed in June 2021

Component 1: Principles of Food Preparation and Nutrition Written examination: 1 hour 45 minutes 50% of qualification.

Component 2: Food Preparation and Nutrition in Action Non-examination assessment: internally assessed, externally moderated
Assessment 2: 12 hours 50% of qualification

These papers remain the same as previous years in 2021 and have not been adjusted as a result of COVID.



Upcoming Assessments

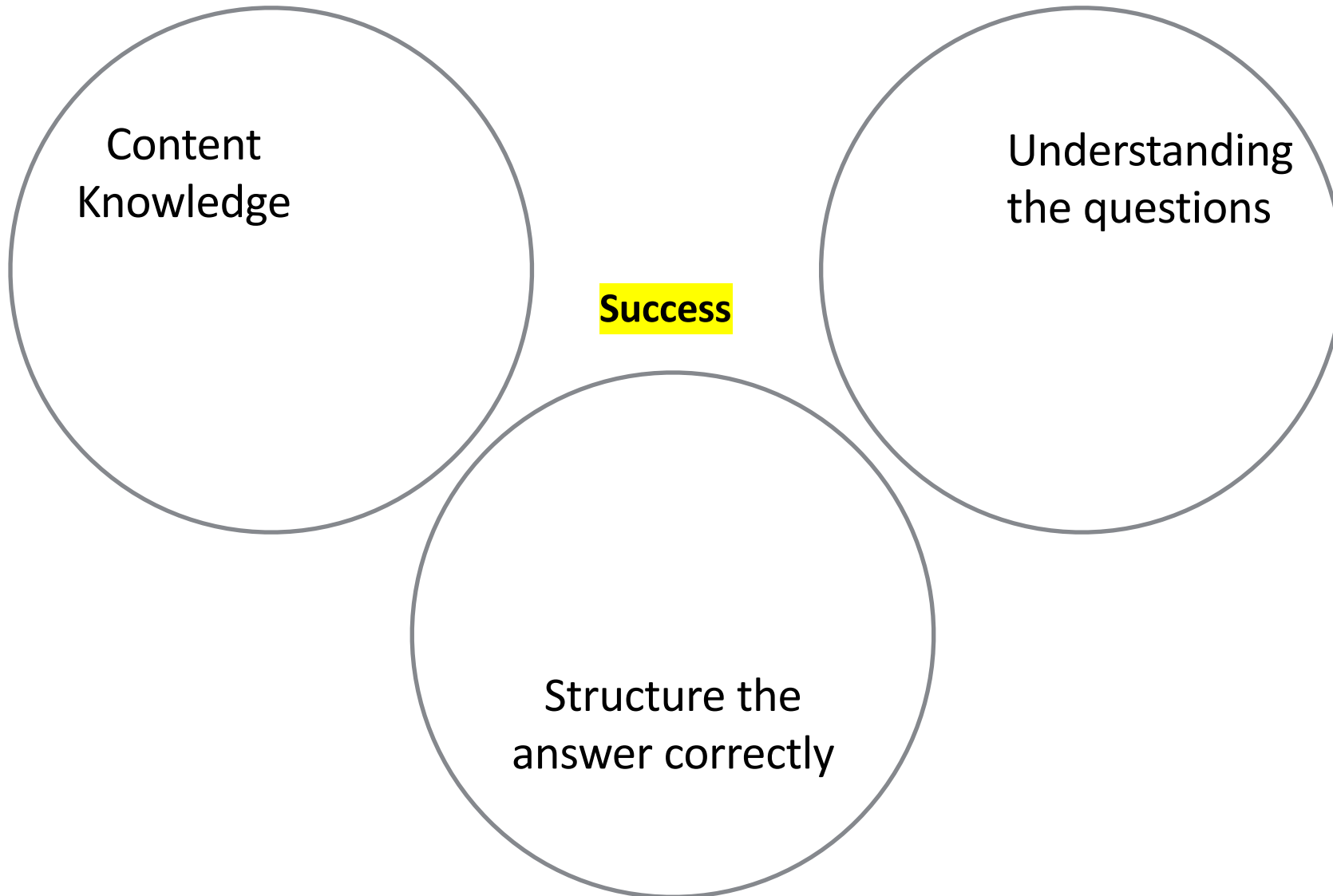
- Most recent topic, Urban Issues and Challenges will be assessed in the penultimate week of this term during lesson time.
- Mock exams will be 10th February



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

How to get through an exam paper



Revision Techniques

- Revision clocks
- Power hours
- Revision Cards
- Mind maps
- Mind Palaces
- Practice Questions
- Read, Cover, Repeat
- Key word tests
- Online quizzes
- [Brainscape](#) Cards
- GCSE Bitesize
- Checklist Questions



Food Preparation and Nutrition revision top tips

Make sure you know the command words used in the exam.

<http://www.aqa.org.uk/resources/food/gcse/food-preparation-and-nutrition/teach/command-words>

Start off small: 10 minutes revision of 100% focus then have a break. Gradually build up the length of time to 20, then 40 minutes if your concentration will hold.

Topics to revise:

Revision Checklist

How well do I know this?

Topics	✓	✓✓	✓✓✓
Food, Nutrition and Health			
Food Science			
Food Spoilage			
Where food comes from			
Factors affecting food choice			
Preparation and cooking techniques			

Every student has received a Revision guide and an exam question booklet.

There are 6 Sections.

At the end of each section there are 25 revision questions to test yourselves.

Create summary notes and anything simple that helps your memory – as short notes, drawings and sayings are much easier to remember.

PAST PAPERS

<http://www.wjec.co.uk/qualifications/qualification-resources.html?pastpaper=true&subject=hospitalityAndCatering&level=gcse>

Eat well. Good brain foods? Wholegrain foods (cereals, wheat bran, wheatgerm and whole wheat pasta). Blueberries. Blackcurrants. Broccoli. Tomatoes. Oily fish. Nuts

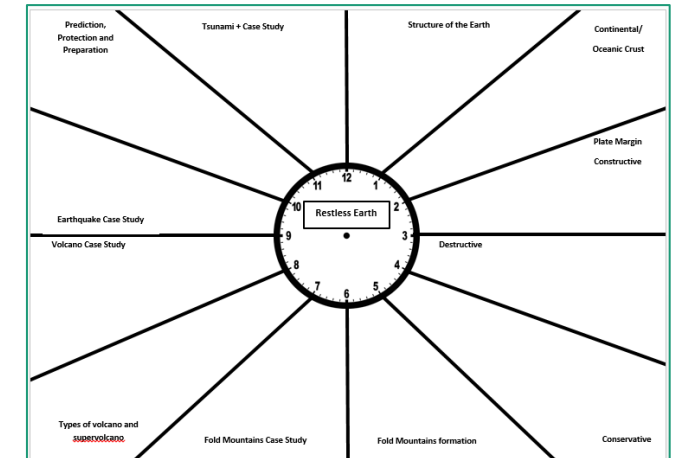
HELPFUL RESOURCES

- Remote Access to the shared area: T:\Read\Catering\2017-18\Year 11\REVISION TIPS

WEBSITES

- <https://www.ifst.org/lovefoodlovescience>
- <https://www.nutrition.org.uk/>
- <https://www.grainchain.com/all-resources>
- <https://www.ifst.org/>
- <https://quizlet.com/240309265/gcse-food-preparation-nutrition-keywords-flash-cards/>

Revision ⌚ POWER HOUR



PiXL MY REVISION JOTTER

Notes / mindmap / brainstorm / question attempt / working out:

The big picture: sample exam question

Key words in the question

How will I remember this?

I MUST NOT FORGET

WHAT NEXT?

My confidence rating

Keywords & concepts

What do I need to know?

Subject: _____

Unit: _____

Topic: _____



Food Preparation and Nutrition revision top tips

Make sure you know the command words used in the exam.

<http://www.aqa.org.uk/resources/food/gcse/food-preparation-and-nutrition/teach/command-words>

Start off small: 10 minutes revision of 100% focus then have a break. Gradually build up the length of time to 20, then 40 minutes if your concentration will hold.

HELPFUL RESOURCES

- Remote Access to the shared area:
T:\Read\Catering\2017-18\Year 11\REVISION TIPS

WEBSITES

- <https://www.ifst.org/lovefoodlovescience>
- <https://www.nutrition.org.uk/>
- <https://www.grainchain.com/all-resources>
- <https://www.ifst.org/>
- <https://quizlet.com/240309265/gcse-food-preparation-nutrition-keywords-flash-cards/>

Topics to revise:

Revision Checklist			
How well do I know this?			
Topics	✓	✓✓	✓✓✓
Food, Nutrition and Health			
Food Science			
Food Spoilage			
Where food comes from			
Factors affecting food choice			
Preparation and cooking techniques			

Create summary notes and anything simple that helps your memory – as short notes, drawings and sayings are much easier to remember.

Every student has received a **Revision guide and an exam question booklet.**

There are 6 Sections.

At the end of each section there are 25 revision questions to test yourselves.

PAST PAPERS

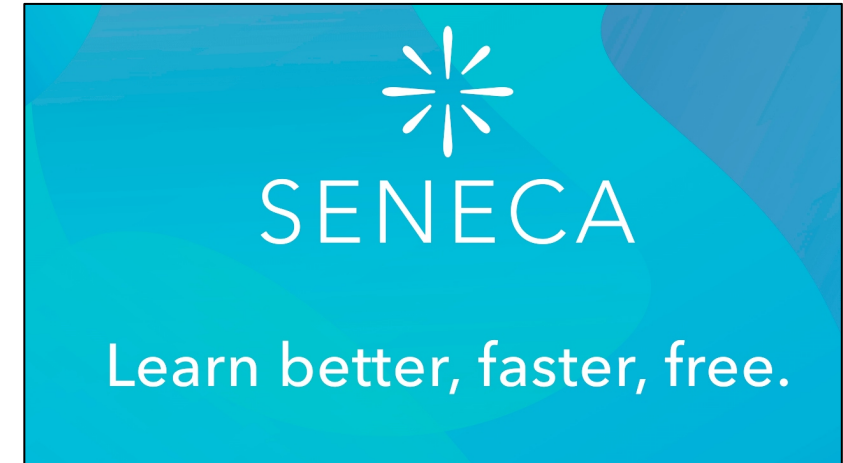
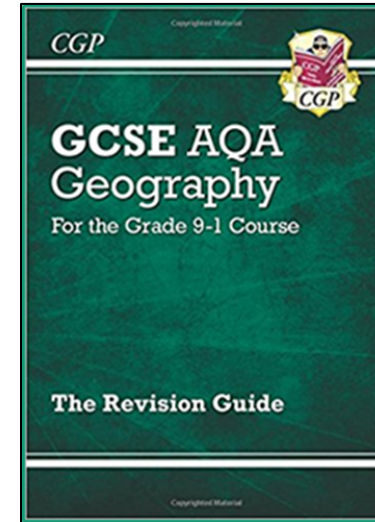
<http://www.wjec.co.uk/qualifications/qualification-resources.html?pastpaper=true&subject=hospitalityAndCatering&level=gcse>

Eat well. Good brain foods? Wholegrain foods (cereals, wheat bran, wheatgerm and whole wheat pasta). Blueberries. Blackcurrants. Broccoli. Tomatoes. Oily fish. Nuts

Useful sources of information



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



What is an Ecosystem?		Climate's climate and plants				
An ecosystem is a system in which organisms interact with each other and with their environment.		Biome	Location	Temperature	Rainfall	Flora
Ecosystem's Components						Fauna
Abiotic	These are non-living, such as air, water, heat and rock.	Tropical rainforest	Centred along the Equator.	Hot all year (25-30°C)	Very high (over 2000mm/year)	Tall trees forming a canopy, wide variety of species.
Biotic	These are living, such as plants, insects, and animals.	Tropical desert	Between latitudes 5°-30° north & south of Equator.	Warm all year (20-30°C)	Wet + dry season (200-2500mm/year)	Grasslands with widely spaced trees.
Plants	Plant life occurring in a particular region or time.	Wet desert	Found along the tropics of Cancer and Capricorn.	Hot by day (over 30°C)	Very low (below 300mm/year)	Lack of plants and few species; adapted to drought.
Animals	Animal life of any particular region or time.	Temperate forest	Between latitudes 40°-60° north of Equator.	Warm summers + cold winters (5-20°C)	Variable rainfall (500-1000mm/year)	Many animals are small and nocturnal, except for the caribou.
Food Web and Chains		Tundra	For latitudes of 60° north and south of Equator.	Cold winter + cool summers (below 10°C)	Low rainfall (below 500mm/year)	Animals adapt to colder and shorter climates. Some regions.
Simple food chains are useful in explaining the basic principles behind ecosystems. They show only one species in a particular trophic level. Food webs however consist of a network of many food chains interconnected together.		Conifer forest	Found within 30° north-south of Equator in temperate zones.	Warm water all year round with temperatures of 10°C	Wet + dry seasons. Rainfall varies greatly due to location.	Small range of plant life which includes algae and sea grasses that shelter reef animals.
Nutrient cycle						
Plants take in nutrients to build into new organic matter. Nutrients are taken up when animals eat plants and then returned to the soil when animals die and the body is broken down by decomposers.						
Lower	This is the surface layer of vegetation, which over time breaks down to become humus.					
Soil	The total mass of living organisms per unit area.					
Biomes						
A biome is a large geographical area of distinctive plant and animal groups, which are adapted to that particular environment. The climate and geography of a region determines what type of biome can exist in that region.						
		Coniferous forest				
		Deciduous forest				
		Tropical rainforest				
		Tundra				
		Temperate grassland				
		Tropical grassland				
		Hot deserts				
The most productive biomes - which have the greatest biomass - grow in climates that are hot and wet.						

Unit 1b The Living World		AQ AQA	
This is a typical English broadleaf deciduous woodland. 70% of the area is designated as a Site of Special Scientific Interest (SSSI) for its biological interest, with 85% designated as a Special Area of Conservation (SAC).		CAGE STUDY: UK Ecosystem: Spelling, Farm, Trees	
Tropical Rainforest Biome		Components & Interrelationships	
Tropical rainforest covers about 2 per cent of the Earth's surface yet they are home to over half of the world's plant and animals.		Management	
Interdependence in the rainforest		Spring	
A rainforest works through interdependence. This is where the plants and animals depend on each other for survival. If one component changes, there can be serious knock-on effects for the entire ecosystem.		Summer	
Distribution of Tropical Rainforests		Autumn	
Tropical rainforests are centred along the Equator between the tropics of Cancer and Capricorn. Rainforests can be found in South America, central Africa and South East Asia. The Amazon is the world's largest rainforest and takes up the majority of northern South America, encompassing countries such as Brazil and Peru.		Winter	
Layers of the Rainforest		Canopy	
Emergent		Undergrowth	
Canopy		Shrub layer	
Shrub layer		Forest floor	
Rainforest nutrient cycle		Climate of Tropical Rainforests	
The hot, dense conditions on the forest floor allow for the rapid decomposition of dead plant material. This provides plentiful nutrients that are readily absorbed by plant roots. However, as these nutrients are in high demand from the many fast-growing plants, they do not remain in the soil for long and they often leach the surface. If vegetation is removed, the soils quickly become infertile.		<ul style="list-style-type: none"> • During temperatures rarely fall below 22°C. • Due to the presence of clouds, temperatures rarely rise above 32°C. • Most afternoons have heavy showers. • At night with no clouds insulating, temperature drops. 	



Parental 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.



Concerns or questions:

If you have any concerns or have any questions you can
contact me via ePraise

The ePraise logo consists of a solid blue square. Inside the square, the word "epraise" is written in a white, lowercase, sans-serif font. The "e" is a slightly lighter shade of blue than the rest of the text.

epraise

