



GCSE Food Preparation & Nutrition Mock Revision List

Year 11 – November 2024

| UNIT/EXAM | CONTENT/SKILLS |
|--|---|
| <p>AQA GCSE Food Preparation and Nutrition (8585/W)</p> <ul style="list-style-type: none">• Written paper: 1 hour 45 minutes• 100 marks• 50% of GCSE | <ul style="list-style-type: none">✓ Preparing, cooking, and serving food✓ Buying and storing food✓ Bacterial contamination✓ Food Science – functional and chemical properties of food – carbohydrates/fats and oils✓ Environmental impact and sustainability of food - 'Food sources'✓ Factors that influence 'Food Choice'✓ Food Provenance✓ Diet, Nutrition and Health – Energy Balance, Eatwell Guide, Diet related diseases, nutritional needs for different life stages, Physical activity levels✓ Processing and production – secondary processing✓ Nutritional analysis- modifying recipes meals and diets to reflect nutritional guidelines for a healthy diet |

Specification & Link to Past Papers

[AQA GCSE Food preparation and nutrition \(8585\)](#)

Essential equipment

Black pens
Pencil

Key Information

Section A – 20 multiple choice questions
Section B - a range of questions from 2 – 12 marks

Revision materials

CGP New Grade 9-1 GCSE Food Preparation and Nutrition: AQA revision guides.
Revision resources on Teams, Sharepoint, revision tasks from department.

Students are more than welcome to borrow paperback revision guides from the food room on a loan basis.



Testbourne Community School

Suggested revision activities

<https://www.senecalearning.com/>

<https://www.bbc.co.uk/bitesize> - Food and nutrition for good health – CCEA

<https://www.gcsepod.com/>