



## AQA GCSE Food Prep. & Nutrition Mock Revision List

**Year 10 – June 2025**

The Year 10 Food exam will have 5 core areas:

- Food, Nutrition and Health
- Food Science
- Food Safety
- Food Choice
- Food Provenance

Below are the areas of revision that we recommend you focus your attention on. You will need to research those areas that are unfamiliar. We recommend you use the AQA revision guide, GCSE Bitesize and SENECA learning. You could also keep a regular check on SharePoint as several revision PowerPoints will be posted over the coming weeks:

- Protein, Fats, Carbohydrates
- Micronutrients
- Nutritional needs and health
- How to carry out nutritional analysis
- Selecting appropriate cooking methods
- Functional and chemical properties of food
- Food spoilage and contamination
- Microorganisms in food
- Buying and storing food
- Principles of food safety
- Factors affecting / influence food choice
- Food choices
- Food labelling
- Sensory evaluation
- Food and the environment

### **Essential equipment**

Black pens, pencils, rubber, and 30cm ruler

### **Mathematical skills**

Mathematical skills will be tested in a minimum of 15% of the paper.

### **Revision materials**

Collins AQA revision Guides Food, Preparation and Nutrition

Revision resources on Teams, Sharepoint, revision booklets from department



# Testbourne Community School

## **Suggested revision activities**

- BBC bitesize
- Love Food Love Science
- FSA explains
- AQA Fun Kitchen Investigations