

AQA GCSE Food Preparation & Nutrition

Easter Revision Guide & Task Booklet

28th March – 12th April

This Easter revision guide is structured to help you consistently prepare for your final 1 hour 45 minute written exam. By completing one short task each day, you will cover the essential topics across Food Nutrition & Health, Food Science, Food Safety, Food Choice, and Food Provenance without feeling overwhelmed.

Each task is designed to take no more than 20 minutes. Keep a notebook or a folder specifically for these responses, ensuring you practise your exam technique and use correct technical terminology.

Revision Tracking Schedule

Use this table to track your progress over the two-week Easter break. Tick off each day once the task is completely finished.

Date	Topic	Exam Focus	Completed
28th March	Macronutrients (Proteins)	Food, Nutrition & Health	<input type="checkbox"/>
29th March	Macronutrients (Carbs & Fats)	Food, Nutrition & Health	<input type="checkbox"/>
30th March	Micronutrients	Food, Nutrition & Health	<input type="checkbox"/>
31st March	Diet and Good Health	Food, Nutrition & Health	<input type="checkbox"/>
1st April	Heat Transfer & Cooking Methods	Food Science	<input type="checkbox"/>
2nd April	Functional Properties (Carbs)	Food Science	<input type="checkbox"/>
3rd April	Functional Properties (Proteins/Fats)	Food Science	<input type="checkbox"/>
4th April	Food Spoilage & Temperatures	Food Safety	<input type="checkbox"/>
5th April	Food Poisoning Bacteria	Food Safety	<input type="checkbox"/>
6th April	Dietary Needs & Allergies	Food Choice	<input type="checkbox"/>
7th April	Moral, Ethical & Religious Factors	Food Choice	<input type="checkbox"/>
8th April	Grown and Reared Food	Food Provenance	<input type="checkbox"/>
9th April	Caught Food & Sustainability	Food Provenance	<input type="checkbox"/>
10th April	Food Miles & Carbon Footprint	Food Provenance	<input type="checkbox"/>
11th April	Food Preparation & Cross-Contamination	Food Safety	<input type="checkbox"/>
12th April	Sensory Evaluation	Food Choice / Science	<input type="checkbox"/>

Daily Revision Tasks

Day 1: 28th March - Macronutrients (Proteins)

Focus: Food, Nutrition & Health

Explain the difference between High Biological Value (HBV) and Low Biological Value (LBV) proteins. Name two sources of each. Finally, explain the concept of 'protein complementation' and give one example of a meal that demonstrates this (e.g., beans on toast).

Day 2: 29th March - Macronutrients (Carbs & Fats)

Focus: Food, Nutrition & Health

Define 'intrinsic' and 'extrinsic' (free) sugars, giving a food example for each. Then, write a brief paragraph explaining the difference between saturated and unsaturated fats, noting their effects on blood cholesterol and heart health.

Day 3: 30th March - Micronutrients

Focus: Food, Nutrition & Health

Create a comparison table for the following four micronutrients: **Vitamin C**, **Vitamin D**, **Iron**, and **Calcium**. For each, list one major food source and their primary function in the human body. State the deficiency disease associated with a lack of Vitamin C and Iron.

Day 4: 31st March - Diet and Good Health

Focus: Food, Nutrition & Health

Outline the main guidelines of the *Eatwell Guide*. Write a 6-mark response explaining how a teenager could adapt a typical fast-food meal (e.g., a burger, chips, and a fizzy drink) to better meet the guidelines of the *Eatwell Guide*.

Day 5: 1st April - Heat Transfer & Cooking Methods

Focus: Food Science

Cooking alters the sensory and nutritional properties of food. Describe the three methods of heat transfer: **Conduction**, **Convection**, and **Radiation**. Give one example of a specific cooking method (e.g., boiling, grilling) that relies primarily on each type of heat transfer.

Day 6: 2nd April - Functional Properties (Carbs)

Focus: Food Science

Carbohydrates undergo physical and chemical changes when cooked. Explain the functional properties of *gelatinisation* and *dextrinisation*. Describe the process of each and provide a specific food example (e.g., making a cheese sauce, toasting bread).

Day 7: 3rd April - Functional Properties (Proteins/Fats)

Focus: Food Science

Define the terms *coagulation* and *emulsification*. Explain what happens to the protein in an egg when it is heated. Then, explain the role of an emulsifier (like lecithin in egg yolk) when making mayonnaise.

Day 8: 4th April - Food Spoilage & Temperatures

Focus: Food Safety

Microorganisms require specific conditions to grow. What are the four optimum conditions for bacterial growth? Explain the 'temperature danger zone' (give the exact degree range) and state the correct operating temperatures for a domestic fridge and freezer.

Day 9: 5th April - Food Poisoning Bacteria

Focus: Food Safety

Identify three common food poisoning bacteria (e.g., *Salmonella*, *Campylobacter*, *Staphylococcus aureus*, *E. coli*). For two of these, state their most common food sources and the typical symptoms they cause in humans.

Day 10: 6th April - Dietary Needs & Allergies

Focus: Food Choice

Differentiate between a food allergy and a food intolerance (e.g., a nut allergy vs lactose intolerance). Explain the potential physical reactions of each. What must food manufacturers do on their packaging to protect consumers with severe allergies?

Day 11: 7th April - Moral, Ethical & Religious Factors

Focus: Food Choice

Discuss how moral, ethical, and religious factors influence food choice. Give specific examples of what people might choose to eat or avoid based on: **1) Animal welfare** (e.g., free-range, veganism), **2) Fairtrade**, and **3) A specific religion** (e.g., Halal or Kosher rules).

Day 12: 8th April - Grown and Reared Food

Focus: Food Provenance

Explain the difference between intensive farming and organic farming methods when rearing animals or growing crops. List two advantages and two disadvantages of choosing organic produce from a consumer's perspective.

Day 13: 9th April - Caught Food & Sustainability

Focus: Food Provenance

Discuss the environmental impacts of large-scale commercial fishing methods (e.g., dredging, trawling). What is meant by 'sustainable fishing'? Mention the role of the Marine Stewardship Council (MSC) in helping consumers make sustainable choices.

Day 14: 10th April - Food Miles & Carbon Footprint

Focus: Food Provenance

Define the terms 'food miles' and 'carbon footprint'. Write a short paragraph explaining the environmental benefits of buying seasonal, locally sourced produce rather than food that has been flown in from overseas.

Day 15: 11th April - Food Preparation & Cross-Contamination

Focus: Food Safety

Cross-contamination is a major cause of food poisoning. Outline the specific safety, hygiene, and preparation steps you must take when preparing and cooking raw chicken alongside a fresh salad to ensure the food is safe to eat. Mention colour-coded chopping boards.

Day 16: 12th April - Sensory Evaluation

Focus: Food Choice / Science

Explain how to conduct a fair and objective sensory evaluation (taste testing). Why is it important to use 'blind testing', control the testing environment, and use palate cleansers (like water or plain crackers) between tasting different food samples?