

# GCSE Food and Nutrition

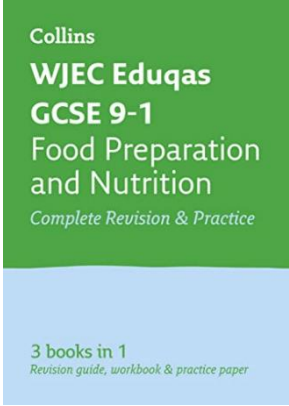
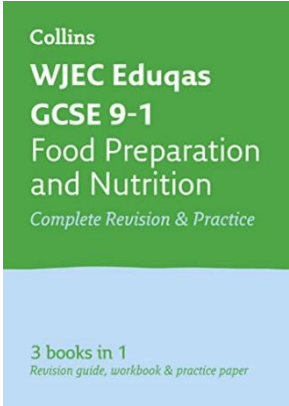
	Exam	Topic	Suggested revision strategy (with links)	Suggested outcome from revision time this week (what a parent can expect to see)
<b>Week 1</b>	WJEC Eduqas  Food Preparation and Nutrition	Macronutrients from food groups. Key nutrients and balanced diets	Focus on: <ul style="list-style-type: none"> <li>• Proteins</li> <li>• Fats, oils and lipids</li> <li>• Carbohydrates</li> </ul>	<p>All students have been given a WJEC Eduqas GCSE Food Preparation and Nutrition book. Which includes:</p> <ul style="list-style-type: none"> <li>• Revision guide</li> <li>• Workbook</li> <li>• Practice Papers</li> </ul> <ul style="list-style-type: none"> <li>• Mind maps</li> <li>• Flashcards</li> <li>• Matching activity</li> </ul>
<b>Week 2</b>		Micronutrients from food groups. Key nutrients and balanced diets	Focus on: <ul style="list-style-type: none"> <li>• Vitamins</li> <li>• Minerals</li> </ul>	<p>All students have been given a WJEC Eduqas GCSE Food Preparation and Nutrition book. Which includes:</p> <ul style="list-style-type: none"> <li>• Revision guide</li> <li>• Workbook</li> <li>• Practice Papers</li> </ul> <ul style="list-style-type: none"> <li>• Mind maps</li> <li>• Flashcards</li> <li>• Matching activity</li> </ul>

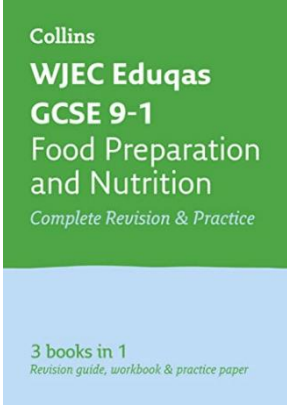
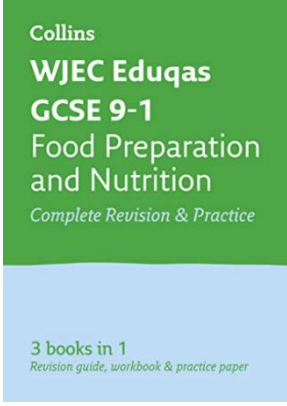
Collins  
**WJEC Eduqas  
GCSE 9-1  
Food Preparation  
and Nutrition**  
*Complete Revision & Practice*

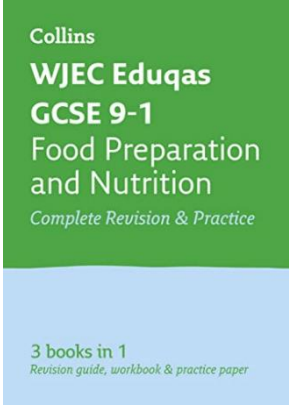
3 books in 1  
*Revision guide, workbook & practice paper*

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<p><b>Week 3</b></p>		<p>Micronutrients from food groups. Key nutrients and balanced diets</p>	<p>Focus on:</p> <ul style="list-style-type: none"> <li>• Trace elements</li> <li>• Fibre</li> <li>• Water</li> </ul>	<p>All students have been given a WJEC Eduqas GCSE Food Preparation and Nutrition book. Which includes:</p> <ul style="list-style-type: none"> <li>• Revision guide</li> <li>• Workbook</li> <li>• Practice Papers</li> </ul> <ul style="list-style-type: none"> <li>• Mind maps</li> <li>• Flashcards</li> <li>• Matching activity</li> </ul>	
<p><b>Week 4</b></p>		<p>Diet and Good Health</p>	<p>Focus on:</p> <ul style="list-style-type: none"> <li>• Life stages</li> <li>• Special Dietary Needs</li> <li>• Specific Lifestyle Choices</li> </ul>	<p>All students have been given a WJEC Eduqas GCSE Food Preparation and Nutrition book. Which includes:</p> <ul style="list-style-type: none"> <li>• Revision guide</li> <li>• Workbook</li> <li>• Practice Papers</li> </ul> <ul style="list-style-type: none"> <li>• Mind maps</li> <li>• Flashcards</li> <li>• Matching activity</li> </ul>	

<p><b>Week 5</b></p>		<p>The Science of Cooking food</p>	<p>Focus on:</p> <ul style="list-style-type: none"> <li>• Why food is cooked</li> <li>• Advantages and disadvantages of cooking methods</li> <li>• Gelatinization</li> <li>• Denaturation and coagulation</li> <li>• Emulsification</li> <li>• Raising agents: types, how they work and examples in dishes</li> <li>• Positive use of microorganisms</li> <li>• What happens in food preparation?</li> <li>• Effect of pH, oxygen and enzymes of food</li> <li>• Food preservation</li> <li>• Storing food</li> <li>• Cross contamination</li> </ul>	<p>All students have been given a WJEC Eduqas GCSE Food Preparation and Nutrition book. Which includes:</p> <ul style="list-style-type: none"> <li>• Revision guide</li> <li>• Workbook</li> <li>• Practice Papers</li> </ul> <ul style="list-style-type: none"> <li>• Mind maps</li> <li>• Flashcards</li> <li>• Matching activity</li> </ul> 
<p><b>Week 6</b></p>		<p>Food Spoilage</p>	<p>Focus on:</p> <ul style="list-style-type: none"> <li>• Sources of contamination</li> <li>• Signs of spoilage</li> <li>• High risk foods</li> <li>• Bacteria</li> <li>• Food poisoning</li> <li>• Packaging</li> <li>• Carbon footprint</li> <li>• Seasonal foods</li> <li>• Food waste</li> <li>• Food miles</li> </ul>	<p>All students have been given a WJEC Eduqas GCSE Food Preparation and Nutrition book. Which includes:</p> <ul style="list-style-type: none"> <li>• Revision guide</li> <li>• Workbook</li> <li>• Practice Papers</li> </ul> <ul style="list-style-type: none"> <li>• Mind maps</li> <li>• Flashcards</li> <li>• Matching activity</li> </ul> 

<p><b>Week 7</b></p>		<p>Where food comes from</p>	<p>Focus on:</p> <ul style="list-style-type: none"> <li>• Reducing waste</li> <li>• Sustainability of food</li> <li>• Food security</li> <li>• Grown, reared, caught food</li> <li>• Primary processing</li> <li>• Secondary processing</li> <li>• Food additives</li> <li>• Advantages and disadvantages of processing food</li> <li>• Packaging</li> </ul>	<p>All students have been given a WJEC Eduqas GCSE Food Preparation and Nutrition book. Which includes:</p> <ul style="list-style-type: none"> <li>• Revision guide</li> <li>• Workbook</li> <li>• Practice Papers</li> </ul> <ul style="list-style-type: none"> <li>• Mind maps</li> <li>• Flashcards</li> <li>• Matching activity</li> </ul>	
<p><b>Week 8</b></p>		<p>Factors affecting food choice</p>	<p>Focus on:</p> <ul style="list-style-type: none"> <li>• Factors that affect food choice</li> <li>• Food choices related to ethical and moral beliefs</li> <li>• Religion</li> <li>• Food choices related to food intolerances and allergies</li> <li>• How food is marketed</li> <li>• Nutrition food labelling</li> <li>• British traditional cuisine</li> <li>• International cuisine</li> <li>• Sensory analysis</li> </ul>	<p>All students have been given a WJEC Eduqas GCSE Food Preparation and Nutrition book. Which includes:</p> <ul style="list-style-type: none"> <li>• Revision guide</li> <li>• Workbook</li> <li>• Practice Papers</li> </ul> <ul style="list-style-type: none"> <li>• Mind maps</li> <li>• Flashcards</li> <li>• Matching activity</li> </ul>	