

Y11

Revision
Olympics



Food Preparation & Nutrition

Revision Guide
December 2024–May 2025

Exam Specification and General Support

Exam specification and exam board	Food Preparation and Nutrition AQA
Past paper questions	Activity 2 – Exampro Links
Useful revision websites	AQA Food Preparation and Nutrition Digi Book https://www.illuminate.digital/aqafood/ User Name – ssheldon3 Password - student3
Exam info	Tuesday 17 June 2025 (PM) – 1hr 45mins 20 Marks Multiple Choice. 80 Marks Longer Form Questions

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Week	Activity 1 (Written Activity)	Activity 2 (Link to actual past exam question)
1 2.12.24	<p>Food and Nutrition – Proteins</p> <p>Read Pages and/or watch online video links on pages 2 to 7 of the Digi Book.</p> <p>Create a mind map for Proteins as suggested on Page 6.</p>	<p>Print out and attempt this 6-mark question on proteins.</p> <p>https://vefijew.exampro.net/</p> <p>Or</p> <p>Answer the online Proteins quiz on Page 7 and the exam style questions to test your knowledge.</p>
2 9.12.24	<p>Food and Nutrition – Fats</p> <p>Read Pages and/or watch online video links on pages 10 to 13 of the Digi Book.</p> <p>Create a mind map for Fats as suggested on Page 6.</p>	<p>Print out and attempt these two questions on fats worth 10 marks.</p> <p>https://vaioxen.exampro.net/</p> <p>Or</p> <p>Answer the online Fats quiz on Page 7 and the exam style questions to test your knowledge.</p>
3 6.12.24	<p>Food and Nutrition – Carbohydrates</p> <p>Read Pages and/or watch online video links on pages 16 to 19 of the Digi Book.</p> <p>Create a mind map for Fats as suggested on Page 6.</p>	<p>Print out and attempt these two questions related to Carbohydrates worth 7 marks.</p> <p>https://oaduloe.exampro.net/</p> <p>Or</p> <p>Answer the online Carbohydrates quiz on Page 21 and the exam style questions to test your knowledge.</p>
4 6.01.25	<p>Food and Nutrition – Vitamins, Minerals and Water</p> <p>Read Pages 22 to 37 of the Digi Book.</p> <p>Create a set of revision cards on Vitamins, Minerals and Water</p>	<p>Print out and attempt these two questions related to Vitamins, Minerals and Water worth 9 marks.</p> <p>https://xuqeyuj.exampro.net/</p> <p>https://nykyuoe.exampro.net/</p> <p>Or</p> <p>Answer the online Vitamins quiz on Page 30 and the exam style questions to test your knowledge.</p> <p>Answer the online Minerals quiz on Page 35 and the exam style questions to test your knowledge.</p> <p>Answer the online Water quiz on Page 37 and the exam style questions to test your knowledge.</p>

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5 13.01.25	<p>Food and Nutrition – Healthy Eating Guidelines</p> <p>Read Pages and/or watch the online videos on Pages 38 to 43 and 64 to 67 of the Digi Book.</p> <p>Create a Q&A power point resource to support your revision on Healthy Eating Guidelines</p>	<p>Print out and attempt these two questions related to Healthy Eating Guidelines worth 9 marks.</p> <p>https://faguuoex.ampro.net</p> <p>Or</p> <p>Complete the activity on Page 43.</p>
6 20.01.25	<p>Food and Nutrition – Dietary Life stages</p> <p>Read and watch the online videos on Pages 45 to 51 of the Digi Book.</p> <p>Create a Mind Map representing each life stage and their nutritional needs.</p>	<p>Print out and attempt this 12-mark question linked to Healthy Eating and Life stages.</p> <p>https://lugaucex.ampro.net</p> <p>Or</p> <p>Test your knowledge with the online questions and exam questions on life stages on Page 55.</p>
7 27.01.25	<p>Food and Nutrition – Special Diets</p> <p>Read and watch the online videos on Pages 56 to 57 of the Digi Book. Create a set of revision cards to help revise this information</p>	<p>Test your knowledge with the sample exam questions and quiz on Page 57.</p>
8 3.02.25	<p>Food and Nutrition – Energy</p> <p>Read and watch the online videos on Pages 58 to 61 of the Digi Book.</p> <p>Create a power point to support your revision for Energy.</p>	<p>Print out and attempt this 6-mark question linked to Energy.</p> <p>https://juripoyex.ampro.net</p> <p>Or</p> <p>Complete the online questions and exam questions on life stages on Page 62.</p>
9 10.02.25	<p>Food and Nutrition – Diet Nutrition and Health</p> <p>Read and watch the online videos on pages 70 to 76 of Digi Book.</p> <p>Create a mind map to detail the information on these pages.</p>	<p>Print out and attempt this 6-mark question linked to Dietary Health.</p> <p>https://oesixioex.ampro.net</p>



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HALF TERM	<p>Food Science – Why we Cook Food and Heat Transfer Methods.</p> <p>Read pages 78 to 90 of the Digi Book.</p> <p>Make revision cards on Heat Transfer Methods.</p> <p>Watch the animated links to Conduction, Convection and Radiation Heat Transfer.</p>	<p>Print out and attempt this 6-mark question on Heat Transfer Methods.</p> <p>https://eooeeij.exampro.net</p> <p>Or</p> <p>Test your knowledge with the online quiz and exam style questions on Page 90</p>
10 24.02.25	<p>Food Science – The Science of Proteins.</p> <p>Read pages 105 to 115.</p> <p>Make a Q&A revision Power Point on Coagulation, Denaturation, Gluten and Foam Formation.</p> <p>WATCH LINKED ANIMATIONS</p> <ul style="list-style-type: none"> • Denaturation and Coagulation – P.106 and 107 • Gluten – P. 110 • Foam Formation – P.114 	<p>Print out and attempt the question on the Science of Proteins worth 6 marks.</p> <p>https://uahibuq.exampro.net</p> <p>Or</p> <p>Test your knowledge with the online quiz and exam style questions on Page 115</p>
11 3.03.25	<p>Food Science – The Science of Carbohydrates (Gelatinisation, Dextrinisation and Caramelisation).</p> <p>Read pages 116 to 123.</p> <p>WATCH LINKED ANIMATIONS on Gelatinisation Page 117.</p> <p>Answer practice questions on Page 125</p>	<p>Print out and attempt the exam question on Gelatinisation worth 6 marks.</p> <p>https://ciyudee.exampro.net</p>
12 10.03.25	<p>Food Science – The Science of Fats and Oils (Plasticity, Emulsification, Shortening, Aeration)</p> <p>Complete revision from pages 126 to 137.</p> <p>Make mind map for each science of fats.</p> <p>WATCH LINKED ANINATIONS on</p> <ul style="list-style-type: none"> • Shortening – Page 130 • Aeration – Page 134 • Emulsification – Page 135 <p>Answer exam questions and quiz on Page 140.</p>	<p>Print out and attempt the exam question on Shortening worth 4 marks.</p> <p>https://fecisyv.exampro.net</p>



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13 17.03.25	<p>Food Science – Raising Agents</p> <p>Review pages 140 to 151 and create revision cards on:</p> <ul style="list-style-type: none"> • Natural Raising Agents • Chemical Raising Agents • Biological Raising Agents <p>WATCH LINKED ANIMATIONS</p> <ul style="list-style-type: none"> • Carbon Dioxide – Page 146 • Yeast – Page 149 • Steam – Page 151 <p>Answer exam questions and quiz on Page 154</p>	<p>Print out and attempt the exam question on scones faults worth 6 Marks</p> <p>https://ioeywic.exampro.net</p>
14 24.03.25	<p>Food Safety – Microorganisms and Enzymes</p> <p>Conditions Required for Bacterial Growth (Pages – 159 to 160) Create a set of revision cards. Answer exam questions and quiz on Page 161.</p> <p>Signs of Food Spoilage (Pages – 161 to 164) WATCH RELATED ANIMATIONS</p> <ul style="list-style-type: none"> • Enzymic Browning – Page 162 • Mould – Page 163 <p>Answer exam questions and quiz on Page 164.</p> <p>Microorganisms used in Food Production (Pages – 159 to 160) Create a Set of Revision Cards related to cheesemaking process. Answer exam questions and quiz on Page 171.</p>	<p>Print out and attempt the following set of past exam questions on:</p> <ul style="list-style-type: none"> • Enzymic Browning – 6 marks • Cheese Production – 6 marks • Bacterial Contamination – 4 Marks • Cross Contamination – 4 Marks <p>https://boxiaaf.exampro.net</p>



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15 31.03.25	<p>Food Safety – Bacterial Contamination</p> <p>Bacterial Symptoms – (Page 171)</p> <p>Bacterial Types - (pages 172 to 173) Create revision cards for each type. WATCH ANIMATION on Bacterial Reproduction – Page 173</p> <p>Key Temperatures – (page 174) Create a Thermometer showing ALL Key Temperatures and bacterial activity.</p> <p>Cross Contamination – (Pages 176 to 181) Create a LARGE MIND MAP showing Cross Contamination Information</p> <p>Answer exam style multiple choice questions and quiz on page 182.</p>	<p>Attempt the Case Study Activity on Page 183 to 184</p>
EASTER BREAK (week 1)	<p>Food Safety – Buying and Storing Food</p> <p>Create a set of revision cards showing the information on principles of buying and storing food Pages 185 to 190</p> <p>Complete the practice questions and quizzes on Page 192.</p>	<p>Attempt the food storage activity on page 191.</p>
EASTER BREAK (week 2)	<p>Food Safety – Preparing, Cooking and Serving Food</p> <p>Create a mind map focussing on Personal Hygiene when dealing with food Pages 192 to 194</p> <p>Create a Table showing all the preparation and cooking risks using Pages 195 to 198</p> <p>Create two revision resources to help remember:</p> <ol style="list-style-type: none"> 1. How to use a temperature probe 2. Chopping board colours <p>Page 199</p> <p>Complete practice exam questions and quiz on Page 201</p>	<p>Answer the three questions related to the Principles of Food Safety (2 x 5 markers and 1 x 6 markers)</p> <p>https://rubunix.exampro.net</p>



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16 21.04.25	<p>Food Choice – Factors Influencing Food Choice</p> <p>This is a big topic with a lot of information.</p> <p>Create a Mind Map with as much detail as you can from Pages 202 to 210</p>	Attempt the Challenge Activity on Page 210
17 28.04.25	<p>Food Choice</p> <p>Religion- Create a set of Flash Cards on each Religion Pages 211 to 215</p> <p>Intolerance and Allergy – Create revision power points on Intolerances and Allergies Pages 217 to 219</p>	Attempt to answer practice exam questions on Page 220
18 5.05.25	<p>Food Choice</p> <p>Food Labelling – Create a set of flash cards focussing on Mandatory and Non-Mandatory requirements of food labelling. Pages -202 to 230</p> <p>Food Marketing Create a Mind Map on Marketing Influences on Food Choice. Pages 231 to 233</p>	<p>Print out and complete the two past exam questions on Food Labelling and one on Food Marketing.</p> <p>https://yuheuet.exampro.net</p>
19 12.05.25	<p>Food Choice</p> <p>Sensory Evaluation How We Taste Food Pages 250 to 254</p> <p>Create Flash Cards showing each type of sensory test.</p> <p>Create a Mind Map showing how to ensure Sensory Tests are valid and reliable.</p>	<p>Print out and attempt the past exam question on Sensory Testing</p> <p>https://uusareg.exampro.net</p>



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20 19.05.25	<p>Food Provenance</p> <p>Types of Farming Make a set of Flash Cards on Food Sources Pages 255 to 262</p> <p>Focus particularly on: Intensive Farming Organic Farming Genetically Modified Foods Page 259 Seasonal Foods Page 261</p> <p>Have a go at Practice Quiz and Questions on Page 262</p>	<p>Printout and attempt the three past exam questions on:</p> <p>GM Foods (6 marks) Seasonal Foods (4 marks) Intensive Farming (6 marks)</p> <p>https://cayoyyx.exampro.net</p>
HALF TERM	<p>Food Provenance</p> <p>Food and the Environment and Carbon Footprint Pages - 263 to 268</p> <p>Make Specific Revision Notes on - Food Packaging – Pages 265 to 266 Food Miles/Local Food – Pages 266 to 267 Food Waste – Page 268</p> <p>Have a go at Practice Quiz and Questions on Page – 269</p>	<p>Print out and attempt the following Past Paper Questions:</p> <p>Food Packaging and Food Waste (8 Marks) Food Miles (4 Marks)</p> <p>https://tuuique.exampro.net</p>
21 2.06.25	<p>Food Provenance</p> <p>Sustainability of Food Production – Pages 270 to 272 Create a revision resource on Sustainability</p> <p>Fair Trade Food Page 272 Create a set of flash cards for Fair Trade Food</p> <p>Have a go at Past Questions and Quiz on Page 273</p>	<p>Print out and attempt the following Past Paper Questions:</p> <p>Carbon Footprint (6 marks) Environmental Impact and Sustainability (7 marks) Fairtrade Food (3 marks)</p> <p>https://kekikew.exampro.net</p>



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<p>22 9.06.25</p>	<p>Food Provenance</p> <p>Food Processing:</p> <p>Primary Food Processing: Turning Wheat into Flour – Page 276 Create a revision resource to help understand this process.</p> <p>Preparing Milk Ready For Sale – Page 278 Create a revision resource to help understand this process.</p> <p>Secondary Food Processing: Turning wheat into Pasta- Page 280 Create a revision resource to help understand this process.</p> <p>Turning Milk into Yoghurt – Page 281 Create a revision resource to help understand this process.</p> <p>Attempt practice exam questions and quiz on Page 283</p>	<p>Print out and attempt the following Past Paper Questions:</p> <p>Turning wheat into flour (4 marks)</p> <p>Heat Treatment of Milk (6 marks)</p> <p>https://jidexeg.exampro.net</p>
<p>22 16.06.25</p>	<p>Food Provenance</p> <p>Fortification and Additives</p> <p>Fortification of Food – Pages 284 to 286 Create a set of flash cards to help revise fortification.</p> <p>Additives – Pages 287 to 288 Create a set of flash cards to help revise additives.</p> <p>Attempt questions and quiz on Page 289</p>	<p>Print out the following past exam questions :</p> <p>Fortified foods (4 marks)</p> <p>Additives (6 marks)</p> <p>https://gamolek.exampro.net</p>