

Revision Olympics



Y11 Food Preparation & Nutrition

Exam Specification and General Support

Exam specification and exam board

[GCSE AQA 8585](#)

Past paper questions

[GCSE AQA 8585 Assessment Resources](#)

Revision Resources

[AQA Food Preparation and Nutrition Digi Book](#)

User Name – ssheldon3

Password - Student3

Exam info

Paper 1: Wednesday 19 June 2024 (AM, 1hr 45min)

20 marks multiple choice

80 marks longer form questions

Week	Activity 1	Activity 2	Activity 3
1 19.02.24	Review your mock exam and put together a plan for your revision. Think about the areas you struggled with and ensure you allocate enough time to these areas. Speak with your teacher if you are unsure of where to focus your revision.		
2 26.02.24	<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>Answer the online Proteins quiz on Page 7 and the exam style questions to test your knowledge.</p>	<p>Print out and attempt this 6-mark question on proteins.</p> <p>https://vefijew.exampro.net/</p>
3 04.03.24	<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>Answer the online Fats quiz on Page 7 and the exam style questions to test your knowledge.</p>	<p>Print out and attempt these two questions on fats worth 10 marks.</p> <p>https://vaioxen.exampro.net/</p>
4 11.03.24	<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 Carbohydrates as suggested on Page 6.</p>	<p>Answer the online Carbohydrates quiz on Page 21 and the exam style questions to test your knowledge.</p>	<p>Print out and attempt these two questions related to Carbohydrates worth 7 marks.</p> <p>https://oaduloe.exampro.net/</p>
5 18.03.24	<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>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>	<p>Print out and attempt these two questions related to Vitamins, Minerals and Water worth 9 marks.</p> <p>https://vivedyl.exampro.net/</p>

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<p>6 25.03.24</p>	<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>Complete the activity on Page 43</p>	<p>Print out and attempt these two questions related to Healthy Eating Guidelines worth 9 marks.</p> <p>https://faguooe.exampro.net/</p>
<p>Easter Break</p>	<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 Q&A power point resource to support your revision on Healthy Eating Guidelines</p> <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 Mind Map to display this information</p> <p>Food and Nutrition – Energy</p> <p>Read and watch the online videos on Pages 58 to 61 of the Digi Book. Create a set of revision cards for Energy.</p>	<p>Complete the online questions and exam questions on life stages on Page 55.</p> <p>Attempt sample exam questions on Page 57.</p> <p>Complete the online questions and exam questions on Energy on Page 62.</p>	<p>Print out and attempt this 12-mark question linked to Healthy Eating and Life stages.</p> <p>https://tupubii.exampro.net/</p> <p>Print out and attempt this 6-mark question linked to Energy.</p> <p>https://juripoy.exampro.net/</p>
<p>7 15.04.24</p>	<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>Complete the online questions and exam questions on life stages on Page 77.</p>	<p>Print out and attempt this 9-mark question linked to Dietary Health.</p> <p>https://uabouyy.exampro.net/</p>

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Week	Activity 1	Activity 2	Activity 3
<p>8 25.03.24</p>	<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. Complete online questions and exam style questions on Page 90.</p>	<p>Print out and attempt this 6-mark question on Heat Transfer Methods.</p> <p>https://eooeeij.exampro.net/</p>
<p>9 15.04.24</p>	<p>Food Science – The Science of Proteins</p> <p>Read pages 105 to 115. Make a Q&A revision Power Point on Coagulation, Denaturation, Gluten and Foam Formation.</p>	<p>Watch the animated links to Conduction, Convection and Radiation Heat Transfer. Complete online questions and exam style questions on Page 115.</p>	<p>Print out and attempt the question on the Science of Proteins worth 6 marks.</p> <p>https://uahibuq.exampro.net/</p>