

Exam Board Website	Sample Papers	Top 3 Resources
<a href="#"><u>Qualification Website</u></a>	<a href="#"><u>Paper 1 Sample Paper 1</u></a>	<a href="#"><u>Quizlet</u></a> <a href="#"><u>Revision World</u></a> <a href="#"><u>GCSE Food &amp; Nutrition Revision</u></a>

## Food Revision Activities

### 1. Create Ingredient & Function Flashcards

- Make cards for key ingredients (e.g., eggs, flour, fats) and their functions in recipes.
- Include examples like “Eggs: emulsifier, adds structure.”
- Use apps like Quizlet for quick practice.

### 2. Practice Nutritional Analysis

- Take a recipe and calculate its nutritional values (protein, fat, carbs).
- Compare to the Eatwell Guide and suggest improvements.
- This helps with exam questions on healthy meal planning.

### 3. Mind Maps for Food Science

- Draw mind maps for topics like:
  - Heat transfer methods (conduction, convection, radiation)
  - Gelatinisation, caramelisation, denaturation
- Add diagrams and examples for better recall.

### 4. Past Paper Practice

- Download AQA past papers and complete under timed conditions.
- Focus on long-answer questions about food provenance, sustainability, and diet.
- Mark with official mark schemes to understand command words.

### 5. Cooking & Evaluation

- Cook a dish and write an evaluation:
  - Nutritional value
  - Sensory qualities (taste, texture, appearance)
  - Improvements for health or cost
- This reinforces practical and theoretical knowledge.

**"The expert in anything was once a beginner who refused to give up."**