

How do I improve my Food Preparation and Nutrition GCSE grade?

When you review your papers in our lessons you will also receive a RAG sheet that you will fill in to help you identify gaps in your knowledge and areas of weakness. This will give you the information you need to plan your revision and complete some independent work on your weaker areas.

GCSE Food Preparation & Nutrition: The Written Exam

Exam Board: AQA (8585) | Duration: 1 hour 45 minutes | Weighting: 100 marks (50% of total GCSE)

Subject Content Breakdown

The exam covers five key branches of knowledge.

1. Food, Nutrition, and Health: Macro and micronutrients, nutritional needs at different life stages, and diet-related health issues (e.g., obesity, CHD, Type 2 diabetes).
2. Food Science: Why food is cooked, heat transfer (conduction, convection, radiation), and the functional/chemical properties of ingredients (e.g., gelatinisation, caramelisation, emulsification).
3. Food Safety: Food spoilage, contamination, and how to store/prepare food safely to prevent food poisoning.
4. Food Choice: Factors affecting choice (religion, ethics, budget), food labeling, and sensory evaluation.
5. Food Provenance: Where food comes from, food miles, sustainability, and processing (Primary vs. Secondary).

Homework

You will receive weekly homework on SENECA and on paper each week. It is vital that you complete all homeworks. This acts as important retrieval practice for previous topics and enables your teacher to see what topics your class will need to do revision lessons on.

Useful Resources & Past Papers

- AQA Official Past Papers: [Click here for the AQA Question Bank and past papers](#)
- Seneca Learning: Excellent for bite-sized retrieval practice.
- British Nutrition Foundation: Great for "Food, Nutrition, and Health" facts.
- BBC Bitesize (AQA Focus): Perfect for refreshing knowledge on Food Provenance.

After school sessions

After school FPN sessions run on a **Thursday in Tech 1**. You can use this as a space to do your homework or a past paper (please bring this with you) or get help with homework questions you are struggling with or classwork that you may have missed or did not fully understand.

Lessons

Last but certainly not least - make sure you turn up to lessons with all your equipment (see the list below) on time and ready to learn. Make sure you are fully engaged with the lesson and you ask your teacher for help when needed.

Required equipment for all FPN lessons:

- Black/blue pen
- Purple pen
- Pencil
- Ruler
- Revision Book (available on SCOPAY).