



How to get a 5

in Food Preparation and Nutrition



Content Overview

This content should be covered throughout all three components.

Section A Nutrition

Section B
Food: food provenance and food choice

Section C
Cooking and food preparation

Section D
Skills requirements: preparation and cooking techniques

Assessment Overview

Food Preparation and Nutrition (01)*

100 marks**

1 hour 30 minutes
written examination paper

50%
of total
GCSE

Food Investigation Task (02 or 03)*

45 marks

Non-examined
assessment (NEA)

15%
of total
GCSE

Food Preparation Task (04 or 05)*

105 marks

Non-examined
assessment (NEA)

35%
of total
GCSE

Food Preparation and Nutrition (50%)

- 100 marks
- 1 hour 30 minutes written examination paper

• In

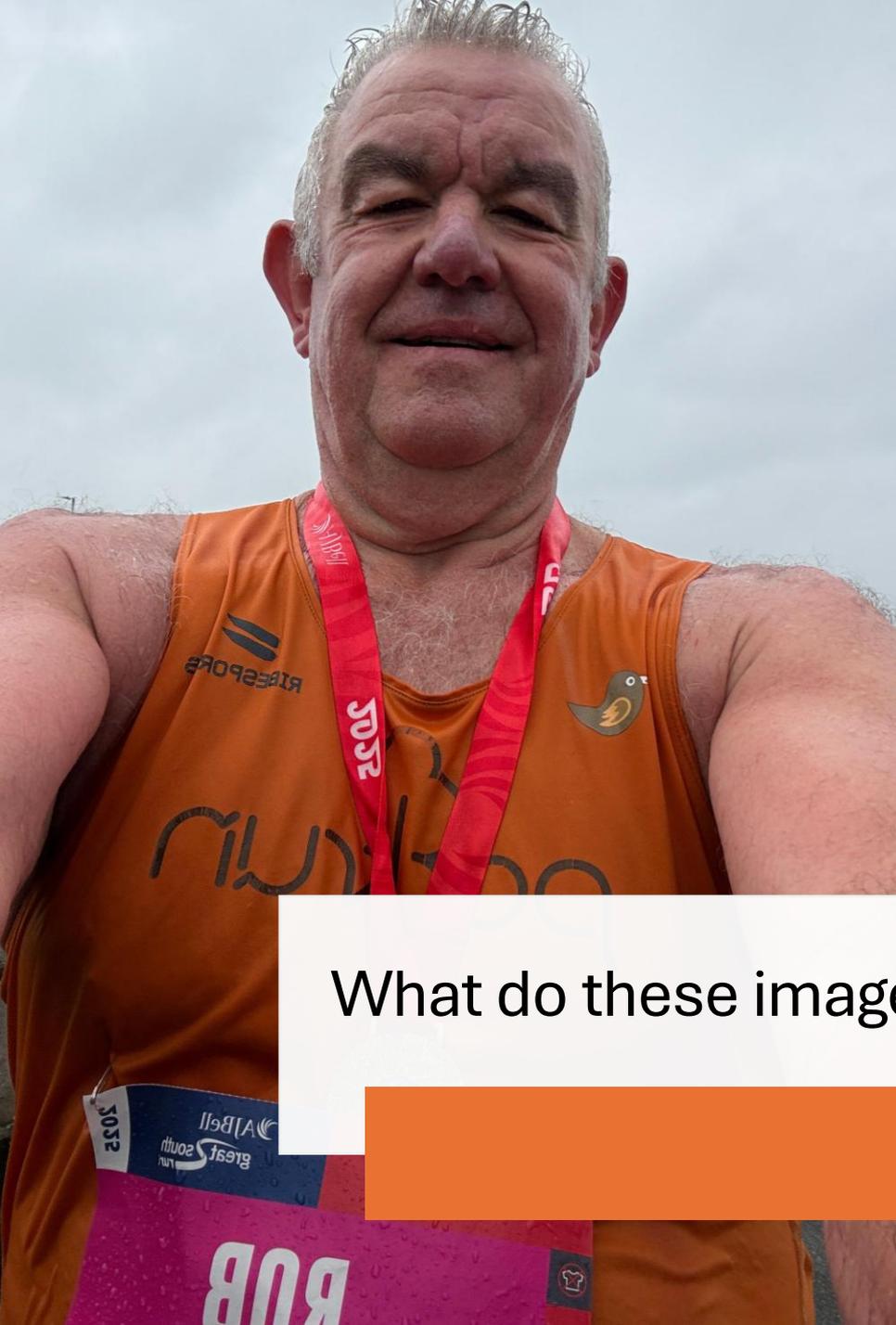
CONTENT

and

- Some questions will include stimulus material
- Synoptic questions are included

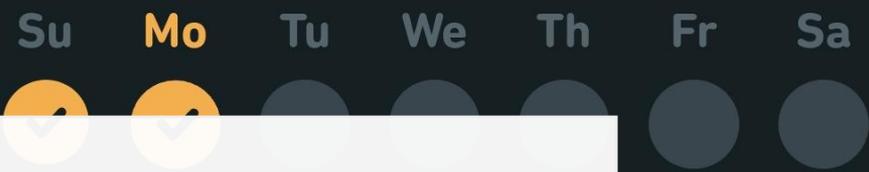
How to get to know the content...

- 100% attendance
- 100% homework completion (aim for 100%)
- REVISE REVISE REVISE
- On top of what we are doing in lesson

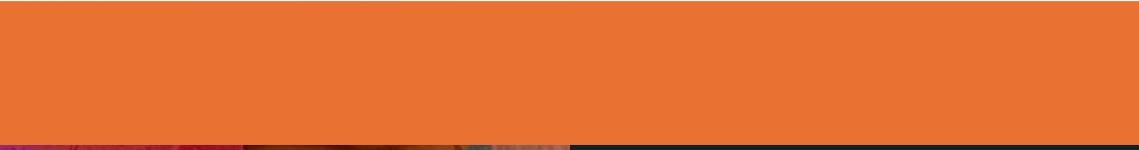


579

day streak



What do these images have in common?



Week's **Perfect** Streak. Watch out!

How to revise well...

- Come up with a revision schedule
 - Maths/English/Science
 - + an option on each day

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9							
10						Science	Maths
11						Food	Geography
12							
1							
2							
3							
4	Maths	English	Science	Maths	English		
5	Food	Geography	History	ICT	RS		
6							

How to revise well...

- Exam papers
 - Google “*food preparation and nutrition ocr gcse past papers*”
 - Have a go in timed conditions and then MARK IT
 - Get to know what the examiners are looking for
- You need something TO DO:
 - SENECA
 - I have a bunch of really good stuff - OneDrive
 - Actively DO something
- Practise your Extended Writing specifically

BUMPI

GCSEPod Pod Book – Active Learning

Activities



1. Watch a Pod once and then list 5 or more pieces of information from memory. Watch it a second time to check the information you remembered is correct. Aim to improve on this score next time.

Stretch: Can you add another 3+ pieces of information after your second watch?

2. Write a one paragraph summary of the pod, selecting the key points.

Stretch: Can you quote or reference the Pod?



3. Create a spider diagram or mind map of the information in the Pod. Making it as colourful as possible will help you visualise it later. See below for an example of a spider diagram!

Stretch: Can you link this spider diagram or mind map to another Pod, building on it with the new information from each Pod you watch?



4. Write an exam style question about the topic of the Pod then answer the question in full using the Pod to help you.

5. Watch a Pod, then create a lesson to teach someone else about the information in the Pod.



How to get a 5 in Food Preparation and Nutrition



1. Aim for 100% attendance.



2. Aim for 100% homework completion, scoring 100% each week.



3. REVISE REVISE REVISE – make a schedule, stick to it and **DO** something. Little and often.



Come to Intervention in F1 - Tuesday 3pm.



5. The NEAs might be over but keep practising your cooking at home. Think about **WHY** things happen the way they do.



Make use of the revision resources I keep putting on to SatchelOne.