

How to get a 7+ 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.



4. NEA1 – Remember, this is a science experiment. Be concise but give enough detail that somebody else could repeat.



5. NEA2 – you're on Master Chef. PRACTISE PRACTISE PRACTISE those dishes.



6. For both NEAs: Follow the process; Take lots of photographs; Reference or use a Bibliography