


DAILY NANO REVISION!


GCSE FOOD PREP & NUTRITION

Find 15 – 30 minutes to revise GCSE Food Preparation & Nutrition on the days specified below. All the topics are found in the Revision Guide and the page numbers are stated on the grid. Try to make your revision ACTIVE (process the information into flashcards, mindmaps etc. test yourself, ask someone else to test you and use the Quizlet App (search for GCSE Food preparation & Nutrition). Better still practise lots of exam questions from the revision workbook.

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Week 1 Food, Nutrition & Health W/b 30 April	Revise Proteins in Revision Guide P.1-2 Answer questions in Workbook P.4-5	Revise Fats in Revision Guide P.3-4 Answer questions in Workbook P.6-7	Revise Carbohydrates in Revision Guide P.5-6 Answer questions in Workbook P.8-9	Revise Vitamins, Minerals & Fibre in Revision Guide P.7-10 Answer questions in Workbook P.10-13	Revise Healthy Eating in Revision Guide P.11 Answer questions in Workbook P.14	Revise Nutritional Need in Revision Guide P.12-13 Answer questions in Workbook P.15	Catch up on any missed sections from this week
Week 2 Food, Nutrition & Health W/b 7 May	Revise Diet-related health problems in Revision Guide P.14-15 Answer questions in Workbook P.16-17	Revise Energy Needs in Revision Guide P.16 Answer questions in Workbook P.18.	Revise Nutritional Analysis in Revision Guide P.17-18 Answer questions in Workbook P.19-20	Revise Planning Meals for Different Groups in Revision Guide P.19-21 Answer questions in Workbook P.21-22	Complete Revision Questions for Section 1 in Revision Guide P.22 Catch up on any missed sections from this week	Revise Why Food is Cooked and Heat Transfer in Revision Guide P.23-24 Answer questions in Workbook P.23	Revise Water and Fat Based cooking methods in Revision Guide P.25-26 Answer questions in Workbook P.24-25
Week 3 Science of Food W/b 14 May	Revise Dry Cooking methods in Revision Guide P.27-28 Answer questions in Workbook P.26-27	Revise changing properties Proteins in Revision Guide P.29 Answer Q's in Workbook P.28	Revise changing properties Carbs in Revision Guide P.30 Answer questions in Workbook P.29	Revise changing properties Fats & Oils in Revision Guide P.31-32 Answer questions in Workbook P.30	Revise Raising Agents & Micro-organisms in Revision Guide P.33-34 Answer questions in Workbook P.31-32	Complete Revision Questions for Section 2 in Revision Guide P.35 Catch up on any missed sections from this week	 DAY OFF!!!!

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Week 4 Food Spoilage/ Where food comes from W/b 21 May	Revise Food Spoilage in Revision Guide P.36-37 Answer questions in Workbook P.33	Revise Storing Food Safely in Revision Guide P.38-40 Answer questions in Workbook P.34-35	Revise Food Poisoning in Revision Guide P.41 Answer questions in Workbook P.36	Complete Revision Questions for Section 3 in Revision Guide P.42 Catch up on any missed sections from this week	Revise Grown Food in Revision Guide P.43-44 Answer questions in Workbook P.37-38	Revise Reared Food and Caught Food in Revision Guide P.45-46 Answer questions in Workbook P.39-40	Revise Waste Food & Packaging in Revision Guide P.47-48 Answer questions in Workbook P.41
Week 5 Where food comes from W/b 28 May	Revise Food miles & Carbon Footprint in Revision Guide P.49 Answer questions in Workbook P.42	Revise Global Food Production in Revision Guide P.50-51 Answer questions in Workbook P.43-44	Revise British & International Cuisines in Revision Guide P.52-54 Answer questions in Workbook P.45	Revise Primary & Secondary Food Processing in Revision Guide P.55-56 Answer questions in Workbook P.46-47	Revise Food Fortification & Modification in Revision Guide P.57-58 Answer questions in Workbook P.48-49	Complete Revision Questions for Section 4 in Revision Guide P.59 Catch up on any missed sections from this week	 DAY OFF!!!!
Week 6 Influences on Food Choice W/b 4 June	Revise Influences on Food Choice in Revision Guide P.60-61 Answer	Revise Cultural, Religious & Moral Food Choices in Revision Guide P.62-63	Revise Food Labelling in Revision Guide P.64-65 Answer questions in	Revise Influences on Marketing in Revision Guide P.66 Answer questions in Workbook P.55	Revise Sensory Testing in Revision Guide P.67-68 Answer questions in Workbook P.56-57	Complete Revision Questions for Section 5 in Revision Guide P.59	Revise Practical Skills in Revision Guide P.70-76 Read Exam Advice P.81-82

	questions in Workbook P.50-51	Answer questions in Workbook P.52-53	Workbook P.54			Catch up on any missed sections from this week	of Revision Guide
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	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<u>Week 7</u> W/b 11 June	Complete Practice Paper in Workbook P.58-72	Revise any sections of the Revision Guide that you feel you are weak on.	Go through the ENTIRE Revision Guide and refresh your knowledge on ALL sections.	EXAM DAY!  !!!			

KEY DATES

WRITTEN EXAMINATION ON THURSDAY 14TH JUNE @ 1:30PM

REVISION CLASS ON WEDNESDAY 13TH JUNE @ 2:45-3:45PM

PRE-EXAM REVISION CLASS THURSDAY 14TH JUNE PERIODS 2 & 3



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