

**AQA - GCSE- Food Preparation & Nutrition: EXTERNAL WRITTEN EXAMINATION/REVISION (50%)**

Specification	Task/Topic Focus	Textbook Reference/Pages	Past Paper Q's or Resources	Other Sport/ Materials
3.2.3.1	<b>Making informed diet choices: (1)</b> - Current guidelines for a healthy diet - Portion size - Costing when meal planning	Section 1: Pages 2-70 Focus pages: 38-44 pages: 64-67	<b>Textbook pages/questions &amp; activities:</b> 46. <b>2015 Sample Paper-</b> Question 6 (6.1: page 9) <b>2019 Exam Paper-</b> Question 3 (3.3: Page 16)	<a href="https://www.foodafactoflife.org.uk/14-16-years/healthy-eating/">https://www.foodafactoflife.org.uk/14-16-years/healthy-eating/</a> <a href="https://www.nutrition.org.uk/healthy-sustainable-diets/">https://www.nutrition.org.uk/healthy-sustainable-diets/</a>
3.2.3.1	<b>Making informed diet choices: (2)</b> - how nutritional needs change & planning a balanced diet for different life stages - Planning balanced meals for specific dietary groups - How to maintain a healthy body weight throughout life	Section 1: Pages 2-70 Focus pages: 45-61	<b>Textbook pages/questions &amp; activities:</b> 49, 53, 54, 55, 57, 62. <b>2015 Sample Paper-</b> Question 6 (6.3/6.4: page 11 & 12) Question 9 (page 18,19) <b>2018 Exam Paper-</b> Question 3 (3.1/3.2: Pages 12 & 14) <b>2019 Exam Paper-</b> Question 3 (3.1: Page 12) <b>Speciman Paper Set2-</b> Question 2 (2.4: Page 12)	<a href="https://www.foodafactoflife.org.uk/14-16-years/healthy-sustainable-diets/">https://www.foodafactoflife.org.uk/14-16-years/healthy-sustainable-diets/</a> <a href="https://www.nutrition.org.uk/search-results?q=life+stages">https://www.nutrition.org.uk/search-results?q=life+stages</a> <a href="https://www.foodafactoflife.org.uk/14-16-years/healthy-eating/nutritional-needs-through-life/">https://www.foodafactoflife.org.uk/14-16-years/healthy-eating/nutritional-needs-through-life/</a>
3.2.3.4	<b>Diet, nutrition &amp; Health: (3)</b> - the relationship between diet, nutrition & health - major diet related health risks	Section 1: Pages 70-76	<b>Textbook pages/questions &amp; activities:</b> 77. <b>2015 Sample Paper-</b> Question 6 (6.2: page 10) <b>2019 Exam paper-</b> Question 5 (5.2: page 22) <b>Speciman Paper Set2-</b> Question 4 (4.1: page 16)	<a href="https://www.foodafactoflife.org.uk/14-16-years/healthy-eating/health-issues/">https://www.foodafactoflife.org.uk/14-16-years/healthy-eating/health-issues/</a>
3.3.2.2	<b>Carbohydrate Focus &amp; cover other food science topics: (4)</b> - Gelatinisation - Dextrinisation - Caramelisation	Section 2: 78 - 140 Focus pages: 116-123	<b>Textbook pages/questions &amp; activities:</b> 90, 104, 115, 126, 154, 155, 156, 157. <b>2015 Sample Paper-</b> Question 7 (7.3: page 14) <b>2018 Exam Paper-</b> Question 4 (4.1/4.2/4.3/4.4: Pages 15 & 16) <b>2019 exam Paper-</b> Question 3 (3.4/3.6: Page 16 & 18) <b>Speciman Paper Set2-</b> Question 4 (4.3: page 19) Question 6 (6.1: page 21)	<a href="https://www.foodafactoflife.org.uk/14-16-years/food-science/">https://www.foodafactoflife.org.uk/14-16-years/food-science/</a>
3.4.2.1 3.4.2.2	<b>Buying and Storing Food: (5)</b> - the food safety principles when buying and storing food <b>Preparing, cooking and serving: (5)</b> - the food safety principles when preparing, cooking and serving food	Section 3: 158 - 192 Focus pages: 185-201	<b>Textbook pages/questions &amp; activities:</b> 161, 164, 171, 182, 183, 184, 191, 192, 200 & 201. <b>2015 Sample Paper-</b> Question 10 (10.1/10.2: pages 20 & 21) <b>2018 Exam Paper-</b> Question 2 (2.1/2.2: pages 10 & 11) <b>Speciman Paper Set2-</b> Question 2 (2.1/2.2: page 10) Question 5 (5.1/5.2: page 20)	<a href="https://www.foodafactoflife.org.uk/14-16-years/cooking/">https://www.foodafactoflife.org.uk/14-16-years/cooking/</a>
3.5.1.1	<b>Factors affecting food choice: (6)</b> - to know and understand factors which may influence food choice	Section 4: Pages 202-220 Other- environmental impacts and sustainability	<b>Textbook pages/questions &amp; activities:</b> 210, 220, 236. <b>2015 Sample Paper-</b> Question 7 (7.2: page 14) <b>2018 Exam Paper-</b> Question 5 (5.1/5.2: pages 17 & 18) <b>2019 Exam Paper-</b> Question 2 (2.2: page 10)/ Question 3 (3.5/3.7: Pages 17 & 19) <b>Speciman Paper Set2-</b> Question 4 (4.2: page 18)	<a href="https://www.foodafactoflife.org.uk/14-16-years/consumer-awareness/">https://www.foodafactoflife.org.uk/14-16-years/consumer-awareness/</a>
3.6.1.2	<b>Food and the environment: (7)</b> - Environmental issues associated with food	Section 5: Pages 255-269 / pages 263 = food and the environment	<b>Textbook pages/questions &amp; activities:</b> 262, 269, 273. <b>2015 Sample Paper-</b> Question 8 (8.1/8.2: pages 16 & 17) <b>2019 Exam Paper-</b> Question 4 (4.2: page 21) <b>Speciman Paper Set2-</b> Question 3 (3.1/3.2: pages 14 & 15)	<a href="https://www.foodafactoflife.org.uk/14-16-years/healthy-sustainable-diets/">https://www.foodafactoflife.org.uk/14-16-years/healthy-sustainable-diets/</a>
3.6.2.1	<b>Food production: (8)</b> - Primary and secondary stages of processing and production - how processing affects the sensory and nutritional properties of ingredients	Section 5: Pages 274-284 Other- Cooking methods pages 90-101	<b>Textbook pages/questions &amp; activities:</b> 283, 289. <b>2018 Exam Paper-</b> Question 6 (6.1/6.2: pages 19 & 20) <b>2019 Exam Paper-</b> Question 2 (2.3: page 11) <b>2019 Exam Paper-</b> Question 5 (5.1: page 22)	<a href="https://www.foodafactoflife.org.uk/14-16-years/food-science/sensory-science/">https://www.foodafactoflife.org.uk/14-16-years/food-science/sensory-science/</a> <a href="https://www.foodafactoflife.org.uk/14-16-years/where-food-comes-from/">https://www.foodafactoflife.org.uk/14-16-years/where-food-comes-from/</a>