How You Can Help Your Child Revise Effectively in Y7 Cooking and Nutrition

For some of our students, formal exams have been something they have not completed regularly or at all. We are aware that all students have had significant disruption over the last two years. In order to support you to support them effectively at home, we would like to give you the following information:

The Topics your child will be tested on are:

* **The eatwell guide –**
* section names
* foods found in each section
* nutrients found in each section (carbohydrates + fibre, fat, protein, vitamins, minerals)
* What they do for our bodies
* **8 tips for healthy living**
* **Weighing and measuring**
* **Heat transfer methods**
* **Kitchen and knife safety**
* **The 4Cs of Food safety**
* **What must go on a food label by law**
* **What makes an effective food label**
* **Traffic lights**

Recommended revision sites/resources:

* Revision resources created in school
* Frog
* BBC Bitesize

Hints and Tips:

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Use a range of techniques:

* make mind maps
* do some independent research on Bitesize
* read some work then create a test
* Make flash cards with a question on one side and an answer on the other
* Use flashcards and discard the ones you always get right – concentrate on the ones you struggle to remember
* Set some time aside to relax – your brain needs some down time

All end of year exams will take place between Monday 6th June and Thursday 17th June for Y7,8 and 9.