**How You Can Help Your Child Revise Effectively in Y8 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:

* **Different types of nutrients (macro and micro)**
* **5 main nutrients: (Carbs fat protein vitamins and minerals)**
* **Use in the body**
* **Where to find them**
* **Life stages**
* **BMI**
* **Portion distortion**
* **Food Choices**

Recommended revision sites/resources:

* Revision resources created in school
* Frog
* BBC Bitesize

Hints and Tips:

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 Friday 17th June for Y7,8 and 9.