

How You Can Help Your Child Revise Effectively in Food Technology

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:
Multi-choice: All of the specification covered
Food safety – food poisoning & key temperatures
Functions of macro and micronutrients
Protein
Nutritional analysis / ages and stages
GM Food/Food security (will be covered in lessons in run up to exam)
Food labelling/allergies and intolerances
Heat transfer and cooking methods
Function of ingredients

Suggested Revision Focus:

Week commencing	Focus
09th December	Food poisoning & food safety
16th December	Functions nutrients in the body
06th January	Functions and properties of protein
13th January	Nutritional analysis
20th January	Food labelling/allergies & intolerances
27th January	Heat transfer and cooking methods
03rd February	Functions of ingredients

Recommended revision sites/resources:

Digital text book <https://illuminate.digital/aqafood>, Username SSTANTHONYS3, Password STUDENT3

CGP revision guide, textbooks available to borrow for lunchtime revision within department

BBC Bitesize <https://www.bbc.co.uk/bitesize/subjects/zdn9jhv>

<https://www.foodafactoflife.org.uk/14-16-years/>

Own notes from lessons

Activity booklet from lessons – contains revision orientated activities

Hints and Tips:

Use the knowledge organisers to create revision resources in whatever way suits you best – cards, mind maps, posters etc

Use your activity booklets to answer questions on the topics to be covered

If you have any questions about anything at all – **ask your food teacher!**

Remember for the nutritional analysis question:

Think of the age group you are looking at first – what are their specific needs in the diet and why (notes on paper perhaps?)

Look at which nutrients are good/bad for these needs in the dishes

Make sure you understand the information the table is showing you. Check units especially

Explain for each nutrient you pick why it is good/bad for the person being looked at and which ingredients the nutrient may come from in the meals.

You only need to do 5 or 6 nutrients – not all of them!

Make sure you state which meal is best.

Do not make suggestions to improve the meals unless it is **SPECIFICALLY** asked for.

All Y11 mock exams will take place between Wednesday 5th February and Friday 21st February 2025