



Parents' Guide to Preparing for Examinations in GCSE Food Preparation & Nutrition



Our GCSE Food Preparation and Nutrition curriculum sets out the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and health eating. Much of the specification is delivered through preparation and making activities. Students must be able to make connections between theory and practice to apply their knowledge of food and nutrition to practical preparation.

The Food Preparation department have prepared several ways in which students can be supported in preparing for their GCSE exam in Food Preparation and Nutrition. The course is assessed across three elements. The NEA 1 and NEA 2 (Coursework folio + practical outcomes) is worth 50% of their final GCSE grade. The remaining 50% is achieved through a 1 hour 45 minute written examination paper.

The resources and advice below can be used in preparation for the mock exams as well as the real examinations in the Summer. All the resources are created with the aim of streamlining and simplifying the revision process so that no matter the grade a student is capable of, they are easily able to access the content and enter the exam with a full awareness of what they need know.

Food Preparation and Nutrition revision – Initially in Year 11, sessions are provided to support specific groups of students. As the mocks approach, revision sessions are to be made available for a wider range of students. Details of these will be provided by class teachers. Students are also encouraged to direct revision queries or requests for support to their class teacher.

Microsoft Teams – as part of the revision site for the Year 11 students, there are a range of specifically designed resources aimed at making sure revision is as straightforward as possible. Students should consider the use of traditional revision guides (provided) in addition with the resources available on the Year 11 revision area.

These include:

- **Past Papers and Mark Schemes**
- **Food Preparation Skills**
- **Food, Nutrition and Health**
- **Food Science**
- **Food Safety**
- **Food Provenance**
- **Food Preparation and Cooking Techniques**

Date for GCSE Food Preparation and Nutrition Examination 2026

Exam for (8585/W) June 2026 series THURSDAY 11th JUNE 2026

Start time: PM | Duration: 1h 45m

Students have studied the content on the AQA specification and there is no tiered entry – all students complete the same exam.

If students feel they need any further support or guidance in GCSE D&T, they should direct questions to their class teacher in the first instance. The whole department wishes students the very best of luck in their mock and summer exams. We are incredibly grateful for support from parents/carers.

Mrs Wallace

Mrs Kate Wallace – Subject Leader for Design & Technology

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