



GCSE AQA Food Preparation & Nutrition Revision List

The GCSE is assessed in three parts:

Food Investigation (NEA1)	Food Preparation Assessment (NEA2)	Written Exam: 1 hour 45 minutes
30 marks 15% of the total GCSE	70 marks 35% of the total GCSE	100 marks 50% of the total GCSE

The written exam paper covers the following content:

Questions

- Multiple choice questions (20 marks)
When the question is multiple choice, only ONE answer must be given, the questions never require more than one answer.
- Five questions each with a number of sub questions (80 marks)
These questions range from 2 to 12 marks. Students are usually expected to explain their answers and give evidence (PE or PEE sentences).

Food, Nutrition and Health (3.2)		
3.2.1 Macronutrients <ol style="list-style-type: none"> 1. Protein 2. Fats 3. Carbohydrates 	3.2.2 Micronutrients <ol style="list-style-type: none"> 1. Vitamins 2. Minerals 3. Water 	3.2.3 Nutritional Needs & Health <ol style="list-style-type: none"> 1. Making informed choices for a varied and balanced diet 2. Energy needs 3. How to carry out nutritional analysis 4. Diet, nutrition and health
Food Science (3.3)		
3.3.1 Cooking of food and heat transfer <ol style="list-style-type: none"> 1. Why is food cooked and how heat is transferred to food 2. Selecting appropriate cooking methods 	3.3.2 Functional and chemical properties of food <ol style="list-style-type: none"> 1. Proteins 2. Carbohydrates 3. Fats and oils 4. Fruit and vegetables 5. Raising agents 	
Food Safety (3.4)		
3.4.1 Food spoilage and contamination	3.4.2 Principles of food safety	

<ol style="list-style-type: none"> 1. Microorganisms and enzymes 2. The signs of food spoilage 3. Microorganisms in food production 4. Bacterial contamination 	<ol style="list-style-type: none"> 1. Buying and storing food 2. Preparing, cooking and serving food 	
Food Choice (3.5)		
3.5.1 Factors affecting food choice <ol style="list-style-type: none"> 1. Factors which influence food choice 2. Food choices 3. Food labelling and marketing influences 	3.5.2 British and international cuisines	3.5.3 Sensory evaluation
Food Provenance (3.6)		
3.6.1 Environmental impact and sustainability of food <ol style="list-style-type: none"> 1. Food sources 2. Food and the environment 3. Sustainability of food 		
3.6.2 Food processing and production <ol style="list-style-type: none"> 1. Food production 2. Technological developments associated with better health and food production 		