



KMA GCSE Food Preparation & Nutrition Revision Plan

Non-exam assessment (NEA) take priority for the first two terms of year 11. Once NEA1 has been submitted students receive revision lessons in preparation for their November mock exam.

Students begin NEA2 in December and this runs until the end of March – to include their 3-hour practical exam. After submission lessons are focused on preparing for their written exam in June, revisiting all topics studied in year 10.

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
Yr 11 Sept - Nov	Yr 11 Dec - Mar	17th June 2025 PM

Week Beginning	What to revise at home / Key lesson content information	Exams / Information	School Intervention Tuesdays 3.00 pm – 4.00 pm	Additional Revision Resources <i>(to use alongside your books, knowledge organisers, SENECA and revision guides)</i>
16 th September	<i>Begin to research and make notes on your chosen NEA1 starting point.</i>		No Intervention Session	The Food Tech Teacher on YouTube: NEA1 Section A Research - https://www.youtube.com/watch?v=fMrzlxflSXo
23 rd September	<i>Continue to make research notes based on your chosen NEA1 starting point.</i>		NEA1 Catch Up (ICT1)	
30 th September			NEA1 Catch Up (ICT1)	
7 th October			NEA1 Catch Up (ICT1)	The Food Tech Teacher on YouTube: NEA1 Section B Investigations - https://www.youtube.com/watch?v=ljemOM1NwVo
14 th October			NEA1 Catch Up (ICT1)	
October Half Term				
28 th October			NEA1 Catch Up (ICT1)	Sensory Science – Sensory science (14-16 Years) - Food A Fact Of Life
4 th November			NEA1 Catch Up (ICT1)	The Food Tech Teacher on YouTube: NEA1 Section C Analysis & Evaluation - https://www.youtube.com/watch?v=8_ePzeU13sU
11 th November			NEA1 Catch Up (ICT1)	
18 th November		NEA1 Submission Wednesday 20th November	NEA1 Catch Up (ICT1)	SENECA revision for mock exam set
25 th November	<i>Nutrients, HBV & LBV Proteins, Genetically Modified Foods, Food Security, Allergens, Cooking Methods, Functions of Ingredients, Food Hygiene</i>	Mock Written Exam Thu 28th Nov PM	No Intervention Session	SENECA revision for mock exam set

	<i>(Bacteria & Food Poisoning)</i>	1 hour 45 mins		
2 nd December			No Intervention Session	
9 th December	<i>Begin to research and make notes on your chosen NEA2 starting point.</i>		No Intervention Session	The Food Tech Teacher on YouTube: NEA2 Section A Research - https://www.youtube.com/watch?v=2xjMrTznqmE
16 th December	<i>Continue to make research notes based on your chosen NEA2 starting point.</i>		No Intervention Session	
Christmas Holidays				
Christmas Holidays				
6 th January			NEA2 Catch Up (ICT1)	The Food Tech Teacher on YouTube: NEA2 Section B Technical Skills - https://www.youtube.com/watch?v=jSbmFFExGT0Q
13 th January			NEA2 Catch Up (ICT1)	
20 th January	Section B Trial Dishes – to be made in the double lesson		NEA2 Catch Up (ICT1)	
27 th January	Section B Trial Dishes – to be made in the double lesson		NEA2 Catch Up (ICT1)	
3 rd February	Section B Trial Dishes – to be made in the double lesson		NEA2 Catch Up (ICT1)	
10 th February		Mock Exam Mon 10th Feb / Wed 12th Feb 1hr 45mins	NEA2 Catch Up (ICT1)	
February Half Term				
24 th February	<i>Practice cooking the 3 dishes that you have chosen at home under timed conditions – this will help you be prepared and notice any mistakes.</i>		NEA2 Catch Up (ICT1)	The Food Tech Teacher on YouTube: NEA2 Section C Planning (Time Plan) - https://www.youtube.com/watch?v=pyKiKeecOil
3 rd March	<i>Practice cooking the 3 dishes that you have chosen at home under timed conditions – this will help you be prepared and notice any mistakes.</i>		NEA2 Catch Up (ICT1)	
10 th March	<i>Revise your time plan so you familiarize yourself with what you are expected to complete in the 3-hour practical exam. You MUST bring your time plan to the exam!</i>	NEA2 Practical Exam Mon 10th / Tue 11th / Wed 12th 3 hours	No Intervention Session	The Food Tech Teacher on YouTube: NEA2 Section D Making the Final Dishes - https://www.youtube.com/watch?v=ny-lKrYgjRo

Students will receive their practical exam date closer to the time. Each student will have their own kitchen area to work in. This means the exam is not completed in their usually teaching groups.				
17 th March			NEA2 Catch Up (ICT1)	The Food Tech Teacher on YouTube: NEA2 Section E Analyse & Evaluate - https://www.youtube.com/watch?v=NIFDiHtCuU8
24 th March		NEA2 Submission Wednesday 26th March 2025	NEA2 Catch Up (ICT1)	
31 st March	Food, nutrition and health (3.2) – <i>the Eatwell Guide, healthy eating guidelines, balanced diets, energy needs, the relationship between diet nutrition and health, the major diet related health risks.</i>		No Intervention Session	Food and Nutrition for Good Health: https://www.bbc.co.uk/bitesize/guides/z8rqw6f/revision/1 Energy & Nutrients: https://www.bbc.co.uk/bitesize/guides/zqj66yc/revision/1 Priority Health Issues: https://www.bbc.co.uk/bitesize/guides/zk92msg/revision/1 Energy & Nutrients: Energy and nutrients (14-16 Years) - Food A Fact Of Life Health Issues: Health issues (14-16 Years) - Food A Fact Of Life
7 th April	Food, nutrition and health (3.2) – <i>macronutrients, micronutrients.</i>		No Intervention Session	Macronutrients: https://www.bbc.co.uk/bitesize/guides/znnqqhv/revision/1 Micronutrients: https://www.bbc.co.uk/bitesize/guides/zpt33k7/revision/1 Water & Fibre: https://www.bbc.co.uk/bitesize/guides/ztw3y4j/revision/1
Easter Holidays				
Easter Holidays				
28 th April	Food, nutrition and health (3.2) – <i>lifestages, nutritional needs</i>		Analysing the suitability of a meal/food diary for a lifestage. 12-mark question (Room A5)	Nutrition & Life Stages: https://www.bbc.co.uk/bitesize/guides/z7yttv4/revision/1 Nutritional Needs Through Life: Nutritional needs through life (14-16 Years) - Food A Fact Of Life
5 th May	Food Science (3.3) – <i>functions of ingredients</i>	Summer exams begin 8th May	Analyse and evaluate 8-mark questions (Room A5)	Functional and Chemical Properties of Food: Functional and chemical properties of food - Food A Fact Of Life
12 th May	Food Science (3.3) – <i>key terms: aeration, caramelization, coagulation, denaturation, dextrinisation,</i>		Functions of ingredients/problems in a recipe	Practical revision session in the double lesson to understand food science when making food. Food Science: https://revisionworld.com/gcse-revision/food-

	<i>emulsification, enzymic browning, foam formation, gelatinisation, gluten formation, oxidation, plasticity, raising agents, shortening,</i>		4 to 6-mark questions (Room A5)	preparation-and-nutrition-gcse-revision/food-science The Food Tech Teacher on YouTube: GCSE FOOD REVISION VIDEOS - YouTube
19 th May	Food Safety (3.4) – <i>key temperatures, food spoilage, bacteria in the production of food, cross-contamination, buying and storing food, preparing, cooking and serving food</i>		Food safety questions with a range of marks (Room A5)	Food Safety Part 1: https://www.bbc.co.uk/bitesize/guides/z77v3k7/revision/1 Food Safety Part 2: https://www.bbc.co.uk/bitesize/guides/zndnsrd/revision/1 Food Safety: Food safety (14-16 Years) - Food A Fact Of Life
May Half Term				
2 nd June	Food Choice (3.5) – <i>seasonality, food availability, food costs, lifestyles, celebration/occasion, physical activity level (PAL), fairtrade, religious beliefs, allergens, animal welfare, food labelling, food marketing, sensory evaluation, cuisines.</i>		Food choice questions with a range of marks (Room A5)	Factors Affecting Food Choice: https://www.bbc.co.uk/bitesize/guides/z7fw7p3/revision/1 Food Allergy and Food Intolerance: https://www.bbc.co.uk/bitesize/guides/z23yfcw/revision/1 Food Labelling: https://www.bbc.co.uk/bitesize/guides/zdjvqdm/revision/1 Food Choice: Food choice - Food A Fact Of Life Food Labelling: Food labelling - Food A Fact Of Life
9 th June	Food Provenance (3.6) – <i>food sources, food and the environment, organic and intensive farming, food sustainability, seasonality, food waste, genetically modified foods, primary and secondary processing of food, fortified food.</i>		Primary and secondary processing of food (Room A5)	Food Additives & Fortification: https://www.bbc.co.uk/bitesize/guides/zmqth39/revision/1 Food Provenance: https://www.bbc.co.uk/bitesize/guides/zks8jty/revision/1 Resource Management: https://www.bbc.co.uk/bitesize/guides/zjnsrd/revision/1 Consumer Awareness: Consumer awareness - Food A Fact Of Life Where Food Comes From: Where food comes from (14-16 Years) - Food A Fact Of Life
16 th June		Written Exam Tue 17th June PM 1 hour 45 mins	Booster Session Tuesday 17 th June 2025 P3	