

GCSE Food and Nutrition : Mock Examination

Some top tips:

- Look at the mark allocation.
- Use subject specific words when ever possible.
- Answer in full sentences unless it says 'state' or 'name'.
- Longer questions are also marked on your spelling punctuation and grammar.
- Plan your longer questions.
- Know the meanings of the command words. For example, 'discuss' needs you to make the point and explain it. **DO NOT JUST LIST YOUR POINTS.** It can look at the benefits and drawbacks.

Revision topics

1. Bread—key functions of ingredients and the process for making bread.
2. Packaging—types and processes.
3. Nutrition including sources, functions, RDI and GI.
4. Recipe modification for specific diets
5. Milk
6. Keeping food fresh for period of time.
7. Food poisoning— preparing, and cooking foods.
8. Shopping, value for money and reducing waste.
9. Why food is cooked and cooking methods.
10. Energy saving equipment
11. Convenience foods.

How to revise: choose a method that works for you.

Some ideas:

- *Mind maps*
- *Revision cards (do not include too much information)*
- *Writing your own questions and mark schemes.*
- *Testing each other*
- *Complete exam papers and have them marked— redo exam papers to see if you have improved.*
- *Practice types of questions under timed conditions.(9 or 12 mark questions)*
- *Produce a plan for different topics (for example' nutritional value of different food groups)*

Complete the table below :

Reason 1

Reason 2



Reason 3

Reason 4

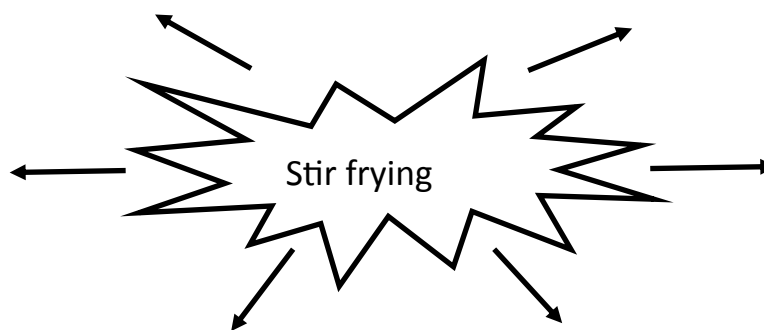
Task 2

Explain the process of stir frying

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Brainstorm the benefits of stir frying foods (think about the cooking process and the nutritional benefits.



Task 4 packaging

Give 4 reasons why food is preserved ?

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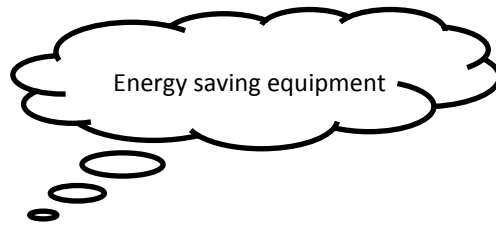
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Research task.

Using the help sheets complete the information on different types of preservation methods

Name of packaging	The process	Examples of food preserved in this way
<i>Canned</i>		
Cook chill process		
Vaccum packaing		
MAP		
Frozen		
AFD		

Brainstorm the different energy saving equipment that can be used in the home. (These are equipment that can help you to save time)

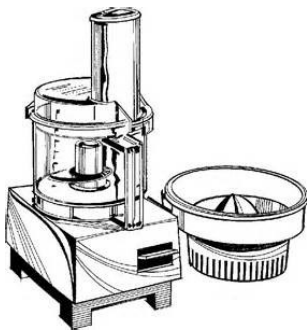


Discuss and evaluate the three pieces of labour saving equipment. These could include the benefits as well as the drawbacks.

The microwave



The food processor



The slow cooker



Complete the table

Nutrient	Function	Sources
Protein	List two functions	List 4 sources
Name the nutrient	For energy	Potatoes, bread, cereal and pasta
Fat	For insulation Add 2 more functions	Visible fats: butter, margarine. Fat on meat. Invisible fats: add 2 examples
Calcium	For strong bones and teeth Add 1 more function	List 4 examples
Iron	For the formation of red blood cells that help to carry oxygen around the body	List 4 examples
Vitamin A	To help to see in dim light Growth Keeps skin healthy	List 4 sources
Vitamin B	Add two functions	Cereals, marmite, eggs and milk
Vitamin C	To help to fight infection Add one more function	List 4 examples
Vitamin D	Helps with strong bones and teeth To assist in the absorption of calcium.	List 4 examples

Topic : Convenience food

Task 1. Write a definition of a convenience food.

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Task 2: Give 3 reasons why there has been an increase in the use of convenience foods.

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Task 3: Complete the table below .

Type of convenience food	Examples of convenience food	Benefit of using the convenience food
Ready meal/cook chill meal	Lasagne, cottage pie, chicken curry	It is already made and only needs reheated. Can be reheated in the micro-wave.
Canned		
Frozen		
Dehydrated /dried		

Topic: shopping and food waste

Complete the table below on food waste.

Task 3: Complete the table below .

How to avoid food waste when shopping	How to avoid food waste when preparing and cooking food
Check the sell by or use by dates to ensure it will last.	Measure ingredients out for example 50g of dried rice per person .

Reheating and reusing food

List 3 rules for reheating food.

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Give a practical examples of how the following foods could be reused in cooking

Cooked pasta.....

Boiled potatoes.....

Cooked vegetables.....

Cooked mince beef.....

Cooked Chicken

