

Personal Revision Schedule: GCSE Food Preparation & Nutrition (OCR) Exam Date = WEDNESDAY 19 JUNE

Week beginning...	Topic	Area to cover	Complete (tick)	Weeks left
		FEBRUARY		
	NEA2 PRACTICAL ASSESSMENTS	✓ Food safety & sensory analysis (Seneca)		
Monday 26th	Food Safety & Hygiene	✓ Food spoilage: Conditions needed for micro-organism growth, prevention and signs of spoilage (p19) ✓ Food hygiene: Causes and types of food poisoning, high risk foods and temperature control. (p20).		14
		MARCH		
Monday 4th		✓ Food storage: Key temperatures, rules for reheating and using a temperature probe (p21). ✓ Food handling & personal hygiene: rules, causes and methods to prevent cross-contamination (p22).		13
Monday 11th		✓ The Eatwell Guide & 8 tips for healthy eating (p8 &9).		12
Monday 18th		✓ Nutrients; Functions, food sources and effects of deficiency of macro & micronutrients (p10-13).		11
Monday 25th	NEA2 DEADLINE	✓ Dietary needs of groups/ special dietary needs (p14-15).		10
		APRIL		
Monday 1st EASTER	Cooking Methods	✓ Heat transfer and cooking methods (p3).		9
Monday 8th EASTER	Food Science	✓ Scientific properties of protein; coagulation, foam formation, aeration and gluten (p4&5).		8
Monday 15th		✓ Scientific properties of fat; shortening, aeration, plasticity, emulsification (p6).		7
Monday 22nd		✓ Scientific properties of carbohydrate; gelatinisation, dextrinization, caramelisation (p6).		6
Monday 29th	Factors affecting food choice	✓ Personal, social, economic, cultural and religious factors affecting food choice (p25-26).		5
		MAY		
Monday 6th		✓ Packaging & labelling (p27-28).		4

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Monday 13 th		✓ Food Security (environmental/ moral issues affecting production) (p36-37).		3
Monday 20 th		✓ Technical developments to support better health and food production (p33-35).		2
Monday 27 th		✓ Diet & health (p17).		1
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Topics covered in revision classes

1. Bread, rice, potatoes and pasta
2. Meat, fish, eggs, beans and non-meat sources of protein
3. Dairy Foods
4. Foods high in fat and/or sugar
5. Fats and oils
6. Food Security (environmental/ moral issues affecting production)
7. Technical developments to support better health and food production
8. Diet & Health
9. Energy Balance
10. Micronutrients