



Revision Schedule 2026

Year 11 Revision Schedule 2026

Subject/Course:	GCSE Food Preparation and Nutrition
------------------------	--

Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
						Y11 Revision 2026 - includes a quiz and worksheet with questions covering all topics below (and answer sheets)
						Knowledge Organisers and Blank Mind Maps
						Textbook: AQA GCSE Food Preparation and Nutrition Textbook
Food, Nutrition and Health						
Macronutrients - Protein	protein alternatives e.g. textured vegetable protein (TVP), soya, mycoprotein and tofu.					Section 2. Food, Nutrition and Health - Exam Questions and Mark Scheme.doc
- Fats	related dietary reference values.					
Making Informed Choices for a varied and balanced diet.	<ul style="list-style-type: none"> the current guidelines for a healthy diet e.g. Eatwell plate. nutritional needs for the following life stages: 					



Revision Schedule 2026

Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
<p>Making informed choices for a varied and balanced diet</p> <ul style="list-style-type: none"> the current guidelines for a healthy diet. portion size and costing when meal planning. how peoples' nutritional needs change and how to plan a balanced diet for different life stages. how to plan a balanced meal for specific dietary groups. how to maintain a healthy body weight throughout life. 	<ul style="list-style-type: none"> young children teenagers adults the elderly. <ul style="list-style-type: none"> how peoples' nutritional needs change and how to plan a balanced diet for different life stages. how to plan a balanced meal for specific dietary groups. how to plan a balanced meal for specific dietary groups: vegetarian and vegan, coeliac, lactose intolerant and high fibre diets. 					



Revision Schedule 2026

Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
Food Science						
Functional and chemical properties of food: Proteins: denaturation coagulation gluten formation	<ul style="list-style-type: none"> the scientific principles underlying these processes when preparing and cooking food the working characteristics, functional and chemical properties of proteins. 					Section 3. Food Science - Exam Questions and Mark Scheme.doc
Carbohydrates: gelatinisation dextrinisation caramelisation	<ul style="list-style-type: none"> the scientific principles underlying these processes when preparing and cooking food the working characteristics, functional and chemical properties of carbohydrates. 					



Revision Schedule 2026

Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
Fats and oils: shortening aeration plasticity emulsification.	the scientific principles underlying these processes when preparing and cooking food the working characteristics, functional and chemical properties of fats and oils.					
<i>Raising agents</i> <ul style="list-style-type: none"> chemical (baking powder, bicarbonate of soda, self raising flours which produce carbon dioxide) mechanical (whisking, beating, folding, sieving, creaming and rubbing in – all incorporate air into the mixture) 	<ul style="list-style-type: none"> the scientific principles underlying these processes when preparing and cooking food the working characteristics, functional and chemical properties of raising agents. 					

Revision Schedule 2026

Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
<ul style="list-style-type: none"> steam is produced when the water in any moist mixture reaches boiling point biological (yeast) 						
Food Safety						
Food spoilage and contamination Microorganisms and enzymes: the growth conditions for microorganisms and enzymes and the control of food spoilage bacteria, yeasts and moulds are microorganisms high risk foods	<ul style="list-style-type: none"> growth conditions for microorganisms: role of temperature, moisture, food and time. control of microorganism growth: temperature control, pH, water availability high risk foods: ready to eat moist foods, usually high in protein that easily support the growth of pathogenic bacteria and do not require any further heat treatment or cooking 					Section 4. Food Safety - Exam Questions and Mark Scheme.doc

Revision Schedule 2026

Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
Bacterial contamination: - the different sources of bacterial contamination - the main types of bacteria which cause food poisoning - the main sources and methods of control of different food poisoning bacteria types	<ul style="list-style-type: none"> Contamination from: other contaminated foods including the following raw foods: meat, poultry, eggs, seafood and vegetables work surfaces and equipment the people cooking pests waste food and rubbish campylobacter e-coli salmonella listeria staphylococcus aureus. 					
Food Choice						
Food labelling and marketing influences How information about food available to the	How food marketing can influence food choice e.g. buy one get one free, special offers, meal deals,					Section 5. Food Choice - Exam Questions and Mark Scheme.doc



Revision Schedule 2026

Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
consumer, including labelling and marketing, influences food choice.	media influences, advertising, point of sales marketing.					
Food Provenance						
Technological developments associated with better health and food production	The positive and negative aspects of the use of additives: colourings, emulsifiers and stabilisers, flavourings, and preservatives					Section 6. Food Provenance - Exam Questions and Mark Scheme.docx
Food processing and production Food production: Primary and secondary stages of processing and production. How processing affects the sensory and nutritional properties of ingredients	Primary processing related to the: rearing, fishing, growing, harvesting and cleaning of the raw food material (milling of wheat to flour, heat treatment of milk, pasteurised, UHT, sterilised and microfiltered milk) Secondary processing related to: how the raw primary processed ingredients					



Revision Schedule 2026

Topic	Key knowledge/skills/questions	R	A	G	Revised	Resources/activities/links
	are processed to produce a food product (flour into bread and/or pasta, milk into cheese and yoghurt, fruit into jams)					
<i>Food and the environment:</i> Environmental issues associated with food.	food waste in the home/ food production/retailers					