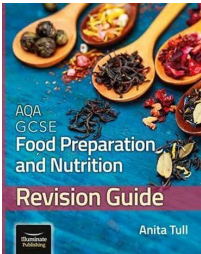
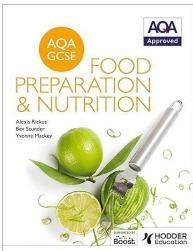
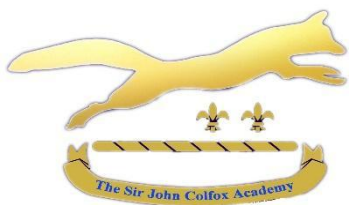


Exam Board	Recommended revision guide	Support available in school
AQA	 	Revision support available on a Wednesday(EC), Thursday (ALB & EC) lunch lunchtime in C101.



DT Food and Nutrition

Revision Schedule 2026 - 27



Useful online resources	Exam date(s)
BBC Bitesize: https://www.bbc.co.uk/bitesize/guides/z3fpv4j/revision/2 Seneca Learning: https://app.senecalearning.com/classroom/course/d59d0e60-4fa8-11e8-bbba-738ab127bed6 Past paper questions: https://www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585/assessment-resources	AQA GCSE Food Preparation and Nutrition (8585) Paper 1: Monday 24 May 2027, 1:30 PM, 1 hour 45 minutes

September

Week beginning...	Topic	Content to revise	Complete (tick)	Knowledge test score	Weeks left
Monday 7th	Food safety: preventing food poisoning	High- and low-risk foods; cross-contamination; fridge and cooking temperatures. https://senecalearning.com/en-GB/			32
Monday 14th	HBV and LBV proteins	Definitions; number of amino acids; sources and examples. https://senecalearning.com/en-GB/ https://www.colfox.org/site/data/files/users/documents/dandt/AEDD1413F60C1C3D32DAC62192DF5689.pdf			31
Monday 21st	Cooking techniques	Effects on nutrients and texture: steaming, frying, stir-frying, braising, poaching, roasting and boiling. https://senecalearning.com/en-GB/			30
Monday 28th	Cooking food and heat transfer	Convection, conduction and radiation. https://senecalearning.com/en-GB/ https://www.youtube.com/watch?v=zjyhMzjDaVI			29

October

Monday 5th	Cheese production	Stages of cheese production and the science involved. https://www.youtube.com/watch?v=y9wLhRrj5Ug https://www.youtube.com/watch?v=Pnw-XwCctYY&t=251s			28
Monday 12th	British and international cuisine	Traditional foods; celebrations; eating habits. https://senecalearning.com/en-GB/			27
Monday 19th	Past exam paper	Practising past exam papers			26
Monday 26th	Processing food commodities	Wheat into flour; heat processing of milk; milk into cheese.			25

November

Monday 2nd	Cheese making	Review the cheese-making process and key stages.			24
Monday 9th (Mock Week 1)	Mock exam – review and identify gaps	Work on work pack given for mock exam			23

Monday 16th (Mock Week 2)	Mock exam – targeted revision	Correct mock answers and revise weak areas using knowledge organisers.			22
Monday 23rd	Proteins: function, deficiency and excess	Functions in the body; deficiency; excess; sources. https://senecalearning.com/en-GB/			21
Monday 30th	Proteins: structure and food science	Chemical make-up; amino acids; HBV/LBV; protein alternatives; denaturation, coagulation and aeration. https://senecalearning.com/en-GB/			20
December					
Monday 7th	Functions of proteins	Denaturation, coagulation and aeration; apply to food examples. https://senecalearning.com/en-GB/			19
Monday 14th	Enzyme browning and oxidation	Causes, effects and ways of controlling enzyme browning and oxidation. https://www.youtube.com/watch?v=36K4iEuqQzo			18
January					
Monday 4th	Fat: nutrition	Functions in the body; deficiency; excess; sources. https://senecalearning.com/en-GB/			17
Monday 11th	Fat: saturated and unsaturated	Chemical make-up; solid/liquid at room temperature; single/double bonds; plant/animal sources. https://senecalearning.com/en-GB/			16
Monday 18th	Fat: functional properties	Shortening, plasticity, aeration and emulsification. https://senecalearning.com/en-GB/			15
Monday 25th (Mock Week 1)	Food provenance and food choice retrieval	Processing, environmental/moral issues, cuisine and healthy eating. Food choice. Why do we choose which foods			14
February					
Monday 1st (Mock Week 2)	Past paper	Work on past papers and essay questions			13
Monday 8th	Environmental factors affecting food	Organic, local, seasonal, food miles and waste.			12

Monday 15th	Moral and environmental issues	Free range and Fairtrade. https://senecalearning.com/en-GB/ https://www.youtube.com/watch?v=-XbP4cn8xhU			11
Monday 22nd	Carbohydrates: nutrition	Sources; functions; excess and deficiency. https://senecalearning.com/en-GB/			10
March					
Monday 1st	Carbohydrates: classification	Polysaccharides, disaccharides, monosaccharides and non-starch polysaccharides (fibre). https://senecalearning.com/en-GB/			9
Monday 8th	Chemical functions of carbohydrates	Gelatinisation and key temperatures; dextrinisation; caramelisation. https://senecalearning.com/en-GB/			8
Monday 15th	Fat-soluble vitamins	Vitamins A, D, E and K: sources, functions, excess and deficiency. https://senecalearning.com/en-GB/			7
Monday 22nd	Water-soluble vitamins	Vitamin C and B vitamins: sources, functions, excess and deficiency; reducing vitamin loss. https://senecalearning.com/en-GB/			6
Monday 29th	Minerals	Calcium, iron, iodine and phosphorus: sources, functions, excess and deficiency.			5
April					
Monday 5th	Eatwell Guide and healthy eating	Nutrients in each group; healthy-diet tips; fluid intake; advice for each group. https://www.colfox.org/site/data/files/users/documents/dandt/D7F7F1B89B55298A0522E18AC68DB5CD.pdf			4
Monday 12th	Diet-related disorders	Anaemia, diabetes, obesity, CHD and strokes, osteoporosis, constipation and diverticular disease. https://senecalearning.com/en-GB/			3
Monday 19th	Life stages	Preschool, school children, teenagers, adults and the elderly. https://senecalearning.com/en-GB/			2
Monday 26th	Food safety and hygiene	Danger zone; chicken heating temperature; fridge/freezer/hot holding; personal hygiene; chopping-board colours; fridge safety; bacterial growth needs; food poisoning types. https://senecalearning.com/en-GB/			1
May					

Monday 3rd	Reducing the risk of food poisoning	Safe storing, preparing, cooking and serving. https://senecalearning.com/en-GB/			0
Monday 10th	Food safety retrieval	Revisit temperatures, cross-contamination, personal hygiene, bacterial growth and food poisoning. https://senecalearning.com/en-GB/			0
Monday 17th	Nutrition retrieval	Proteins, fats, carbohydrates, vitamins and minerals – sources, functions, deficiency and excess. https://senecalearning.com/en-GB/			0
Monday 24th	Food science retrieval	Protein and fat functions; carbohydrate changes; browning/oxidation; heat transfer. https://senecalearning.com/en-GB/			0