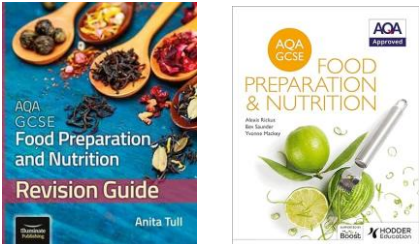
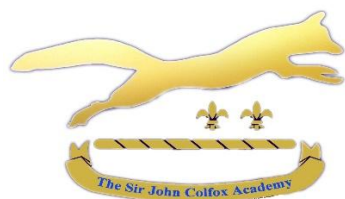


Exam Board	Recommended revision guide	Support available in school
<p style="text-align: center;"><b>AQA</b></p>		<p><b>Revision support available on a Wednesday (EC), Thursday (ALB) and Friday (EC) lunchtime C101.</b></p>



# DT Food and Nutrition

## Revision Schedule 2025 - 26

Useful online resources	Exam date
<p><b>BBC Bitesize:</b>  <a href="https://www.bbc.co.uk/bitesize/guides/z3fpv4j/revision/2">https://www.bbc.co.uk/bitesize/guides/z3fpv4j/revision/2</a></p> <p><b>Seneca Learning:</b>  <a href="https://app.senecalearning.com/classroom/course/d59d0e60-4fa8-11e8-bbba-738ab127bed6">https://app.senecalearning.com/classroom/course/d59d0e60-4fa8-11e8-bbba-738ab127bed6</a></p> <p><b>Past paper questions:</b>  <a href="https://www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585/assessment-resources?f.Resource+type%7C6=Question+papers&amp;f.Resource+type%7C">https://www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585/assessment-resources?f.Resource+type%7C6=Question+papers&amp;f.Resource+type%7C</a></p>	<p style="text-align: center;">Thursday June 11<sup>th</sup>, 1.30pm</p>

Week beginning...	Content to revise	Complete (tick)	Knowledge test score	Weeks left
<b>October</b>				
<b>Monday 6th</b>	<p style="text-align: center;"><b>Preventing Food poisoning</b>            High and low risk foods            Cross contamination            Fridge, fridges and cooking temperature  <a href="https://senecalearning.com/en-GB/">https://senecalearning.com/en-GB/</a></p>			<b>28</b>
<b>Monday 13th</b>	<p style="text-align: center;"><b>HBV and LBV Proteins</b>            Definitions of each and how many amino acids are in each            Sources and examples  <a href="https://senecalearning.com/en-GB/">https://senecalearning.com/en-GB/</a>  <a href="https://www.colfox.org/site/data/files/users/documents/dandt/AEDD1413F60C1C3D32DAC62192DF5689.pdf">https://www.colfox.org/site/data/files/users/documents/dandt/AEDD1413F60C1C3D32DAC62192DF5689.pdf</a></p>			<b>27</b>
<b>Monday 20th</b>	<p style="text-align: center;"><b>Cooking techniques and the effects it has on nutrients and textures</b>            Steaming            Frying            Stir frying            Braising            Poaching            Roasting            Boiling    <a href="https://senecalearning.com/en-GB/">https://senecalearning.com/en-GB/</a></p>			<b>26</b>
<b>Monday 27th</b>	<p style="text-align: center;"><b>Cheese production</b>  <a href="https://www.youtube.com/watch?v=y9wLhRrj5Ug">https://www.youtube.com/watch?v=y9wLhRrj5Ug</a>  <a href="https://www.youtube.com/watch?v=Pnw-XwCctYY&amp;t=251s">https://www.youtube.com/watch?v=Pnw-XwCctYY&amp;t=251s</a></p>			<b>25</b>
<b>November</b>				
<b>Monday 3rd</b>	<p style="text-align: center;"><b>Cooking food and heat transfer</b>            Convection            Conduction            Radiation    <a href="https://senecalearning.com/en-GB/">https://senecalearning.com/en-GB/</a></p>			<b>24</b>

	<a href="https://www.youtube.com/watch?v=zjyhMzjDaVI">https://www.youtube.com/watch?v=zjyhMzjDaVI</a>			
<b>Monday 10<sup>th</sup></b> <b>(Mock Week 1)</b>	<b>British and international cuisine</b> Traditional foods Celebrations Eating habits <a href="https://senecalearning.com/en-GB/">https://senecalearning.com/en-GB/</a>			23
<b>Monday 17<sup>th</sup></b> <b>(Mock Week 2)</b>	Primary and secondary processing, <a href="https://senecalearning.com/en-GB/">https://senecalearning.com/en-GB/</a>			22
<b>Monday 24<sup>th</sup></b>	Primary and secondary processing Wheat into flour, Heat processing of milk, Milk into cheese. From knowledge organiser - Mind map			21
<b>December</b>				
<b>Monday 1<sup>st</sup></b>	Cheese making <a href="https://www.youtube.com/watch?v=wxm8jTzU_8o">https://www.youtube.com/watch?v=wxm8jTzU_8o</a>			20
<b>Monday 8<sup>th</sup></b>	Proteins Function in body, excess, deficiency & sources Knowledge organiser – school website <a href="https://senecalearning.com/en-GB/">https://senecalearning.com/en-GB/</a>			19
<b>Monday 15<sup>th</sup></b>	Proteins Chemical makeup, amino acids, High biological, Low biological, Protein alternatives Knowledge organiser – school website <a href="https://senecalearning.com/en-GB/">https://senecalearning.com/en-GB/</a>			18
<b>January</b>				
<b>Monday 5<sup>th</sup></b>	Functions of proteins Denaturisation, coagulation, Aeration Knowledge organiser – school website <a href="https://senecalearning.com/en-GB/">https://senecalearning.com/en-GB/</a>			17
<b>Monday 12<sup>th</sup></b>	Enzyme browning and oxidisation. <a href="https://www.youtube.com/watch?v=36K4iEuqQzo">https://www.youtube.com/watch?v=36K4iEuqQzo</a>			16

<b>Monday 19th</b>	<p>Fat. Function in the body, deficiency, excess and sources. Knowledge organiser – school website <a href="https://senecalearning.com/en-GB/">https://senecalearning.com/en-GB/</a></p>			15
<b>Monday 26th</b>  (Mock Week 1)	<p>Fat Saturated and unsaturated Chemical make up Solid or liquid at room temperature Single or double bonds Plant or animal source Knowledge organiser – school website <a href="https://senecalearning.com/en-GB/">https://senecalearning.com/en-GB/</a></p>			14
<b>February</b>				
<b>Monday 2nd</b>  (Mock Week 2)	<p>Chemical Functions of Fat (food science) Shortening Placidity Aeration Emulsification Knowledge organiser – school website <a href="https://senecalearning.com/en-GB/">https://senecalearning.com/en-GB/</a></p>			13
<b>Monday 9th</b>	<p>Environmental factors affecting food. Organic, Local, Seasonal, food miles, waste Knowledge organiser – school website <a href="https://senecalearning.com/en-GB/">https://senecalearning.com/en-GB/</a></p>			12
<b>Monday 16th</b>	<p>Moral and environmental issues affecting food. Free range &amp; Fair trade Knowledge organiser – school website <a href="https://senecalearning.com/en-GB/">https://senecalearning.com/en-GB/</a> <a href="https://www.youtube.com/watch?v=-XbP4cn8xhU">https://www.youtube.com/watch?v=-XbP4cn8xhU</a></p>			11
<b>Monday 23rd</b>	<p>Carbohydrates. Sources, function, excess and deficiency Knowledge organiser – school website <a href="https://senecalearning.com/en-GB/">https://senecalearning.com/en-GB/</a></p>			10
<b>March</b>				

<b>Monday 2<sup>nd</sup></b>	<p>Carbohydrates  Polysaccharides, disaccharides, monosaccharide and Non starch polysaccharides (fibre)  Knowledge organiser – school website  <a href="https://senecalearning.com/en-GB/">https://senecalearning.com/en-GB/</a></p>			9
<b>Monday 9<sup>th</sup></b>	<p>Chemical functions of carbohydrates  Gelatinisation - key temperatures of the process  Dextrinization – dry heat on starch  Caramel – heat with sugar  Knowledge organiser – school website  <a href="https://senecalearning.com/en-GB/">https://senecalearning.com/en-GB/</a></p>			8
<b>Monday 16<sup>th</sup></b>	<p>Fat soluble vitamins  Vitamin A  Vitamin D  Vitamin E  Vitamin K  Sources, functions, excess and deficiency  Knowledge organiser – school website, pp on teams  <a href="https://senecalearning.com/en-GB/">https://senecalearning.com/en-GB/</a></p>			7
<b>Monday 23<sup>rd</sup></b>	<p>Water soluble vitamins  Vitamin C  All B vitamins  Sources, functions, excess and deficiency  How to reduce the loss of water soluble vitamins  Knowledge organiser – school website, pp on teams  <a href="https://senecalearning.com/en-GB/">https://senecalearning.com/en-GB/</a></p>			6
<b>Monday 30<sup>th</sup></b>	<p>Minerals  Calcium, iron, iodine, phosphorus  Sources, functions, excess and deficiency  Knowledge organiser – school website, pp on teams  <a href="https://senecalearning.com/en-GB/">https://senecalearning.com/en-GB/</a></p>			5
<b>April</b>				
<b>Monday 6<sup>th</sup></b>	<p>Eatwell guide and 8 healthy tips  Nutrients in each group  Tips on how to have a healthy diet  How much liquid  Advice for each group  <a href="https://www.colfox.org/site/data/files/users/documents/dandt/D7F7F1B89B55298A0522E18AC68DB5CD.pdf">https://www.colfox.org/site/data/files/users/documents/dandt/D7F7F1B89B55298A0522E18AC68DB5CD.pdf</a></p>			4

<b>Monday 13<sup>th</sup></b>	<p>Diet related disorders  Anaemia  Diabetes  Obesity  CHD &amp; Strokes  Osteoporosis  Constipation, Diverticular disease  Knowledge organiser – school website, pp on teams  <a href="https://senecalearning.com/en-GB/">https://senecalearning.com/en-GB/</a></p>			3
<b>Monday 20<sup>th</sup></b>	<p>Life stages  Preschool  School children  Teenagers  Adults  The elderly  Knowledge organiser – school website, pp on teams  <a href="https://senecalearning.com/en-GB/">https://senecalearning.com/en-GB/</a></p>			2
<b>Monday 27<sup>th</sup></b>	<p>Food safety and food hygiene  Food hygiene temperatures – Danger zone, Heating temp of chicken, fridge, freezer, hot holding.  Personal Hygiene  Chopping board colours  Where to put items in fridge – fridge safety  What bacteria need to multiply  Types of food poisoning  Knowledge organiser – school website, pp on teams  <a href="https://senecalearning.com/en-GB/">https://senecalearning.com/en-GB/</a></p>			1
<b>May</b>				
<b>Monday 4<sup>th</sup></b>	<p>Food safety and food hygiene  How to reduce the risk of food poisoning when:  Storing  Preparing  Cooking  Serving  Knowledge organiser – school website, pp on teams  <a href="https://senecalearning.com/en-GB/">https://senecalearning.com/en-GB/</a></p>			0