



Year 11 Summer FP&N: Revision Guidance

Circulation	Year 11 Students 11C/FN1 & 11D/FN1
Title	Y11 Revision Guidance for Food Preparation and Nutrition
Purpose	To provide revision information for summer Examinations

- *You will sit 1 Paper worth (50%):* Written examination: 1 hour 45 minutes 100 marks
- *Below are links to the specification.*
 - Section A: questions based on stimulus material.
 - Section B: structured, short and extended response questions to assess content related to food preparation and nutrition.
- Revision Units and Key Topics
 1. **Food commodities**
 2. **Principles of nutrition**
 3. **Diet and good health**
 4. **The science of food**
 5. **Where food comes from**
 6. **Cooking and food preparation**

Food commodities

- **For each food commodity learners need to know and understand:**
 - the value of the commodity within in the diet
 - features and characteristics of each commodity with reference to their correct storage to avoid food contamination
 - the working characteristics of each commodity e.g. when subjected to dry/moist methods of cooking
- **The origins of each commodity**
 - bread, cereals, flour, oats, rice, potatoes, pasta
 - fruit and vegetables (fresh, frozen, dried, canned and juiced)
 - milk, cheese and yoghurt
 - meat, fish, poultry, eggs
 - soya, tofu, beans, nuts, seeds
 - butter, oils, margarine, sugar and syrup



Principles of Nutrition

Macronutrients and micronutrients in human nutrition

- Macronutrients are nutrients needed in large amounts for energy, growth, and body functions.

They include:

Proteins: made of amino acids (essential and non-essential); important for growth and repair.

Fats and lipids: include saturated, monounsaturated, and polyunsaturated fats; provide energy and essential fatty acids.

Carbohydrates: include mono-, di-, and polysaccharides; main source of energy.

- Micronutrients are nutrients required in small amounts but are essential for maintaining health and supporting physiological processes.

They include:

Vitamins:

Fat-soluble: A, D

- Water-soluble: B vitamins (B1, B2, B3, B9, B12) and C
- Minerals: calcium, iron, potassium, magnesium
- Trace elements: iodine and fluoride

For each nutrient, it is important to understand:

- Its function in the body
- Main dietary sources
- Recommended intake levels
- Effects of deficiency and excess (malnutrition)
- How nutrients work together (complementary actions)
- Water and dietary fibre (NSP) are also essential:
 - Water supports hydration and bodily processes
 - Fibre aids digestion and gut health
- Energy requirements of individuals

- You need to understand how much of each nutrient your body needs every day (recommended daily intake) and how much energy comes from protein, fats, and carbohydrates (like sugar, starch, and fibre).

You should know this for:

- Different ages (like toddlers, teens, and adults)
- People with health conditions, such as diabetes, coeliac disease, obesity, or iron deficiency
- People with different diets or lifestyles, like vegetarians, vegans, or those following religious diets

How nutrients work together in the body

How your body uses energy, including:

- BMR (the energy your body needs at rest)
 - PAL (how active you are), which affects how much energy you need
 - Finally, you should be aware of common diet-related health problems like:
- Heart disease
- High cholesterol
- Liver disease

Plan balanced diets

- Know what makes a healthy diet (eating the right balance of foods)
- Understand that people need different foods depending on:
 - their age (like toddlers vs adults)
 - their lifestyle (active or not)
 - their health
- Plan healthy meals for different people, such as:
 - Different life stages (kids, teens, adults, elderly)
 - People with health conditions like:
 - Type 2 Diabetes
 - Coeliac disease
 - Iron deficiency anaemia
 - Cardiovascular disease
 - Obesity



- Understand special diets, like:
 - vegetarians and vegans
 - religious diets (e.g. Hindu, Muslim, Jewish)
- Know that some people need more energy (calories), like athletes or physical workers
- Be aware of common health problems linked to diet, such as:
 - Coronary heart disease
 - high cholesterol
 - liver disease
- Calculate energy and nutritional values of recipes, meals and diets

Calculate the energy, macronutrients (like carbs, protein, fat) and micronutrients (vitamins and minerals) in:

- recipes
- meals
- a person's diet over time
- Use nutrition information to decide how to improve food and diets, such as:
 - adding more fibre to a recipe
 - reducing saturated fat in a menu
 - increasing energy intake before sport
 - adjusting sugar intake to meet health guidelines
- Understand energy balance (calories in vs calories out) and how it helps people:
 - maintain a healthy weight throughout life

The effect of cooking on food

Why we cook food:

- Makes it easier to digest
- improves taste, texture, and appearance
- Makes it safe to eat
 - How heat cooks food:

- Conduction, convection, and radiation
- Some dishes use more than one type of heat
- How cooking methods affect nutrition:
- Some methods keep nutrients (e.g. steaming vegetables)
- Others change food structure to improve taste
- How micro-organisms are used in food:
- Bacteria in yoghurt and cheese
- Fermentation in foods like salami and drinks
- How ingredients behave when cooked:
- Carbohydrates (thickening, browning)
- Fats/oils (help texture and mixing)
- Proteins (set, foam, and change structure)
- Fruit/veg (can brown or lose colour)
- How to fix cooking problems:

e.g. cakes sinking or sauces going lumpy

Food spoilage

How to store food properly:

- Fridge and freezer
- Dry/cool storage
- Covering and packaging food
- Why labels and date marks matter:
- When food is safe to eat
- Follow storage and cooking instructions
- What causes food to spoil:
- Bacteria, mould, yeast, and enzymes
- How to slow them down using temperature, moisture, pH, and time
- How to prevent food poisoning:
- Avoid cross-contamination (mixing raw and cooked foods)
- Keep good hygiene
- Common food poisoning bacteria:
- Salmonella, E. coli, Campylobacter, Staphylococcus
- Ways to preserve food so it lasts longer:
- Freezing, pickling, jam making, bottling, vacuum packing
- The impact of bad food handling:
- Food poisoning risks
- Food waste, cost, and environmental damage

Where food comes from

Food provenance



- Where food comes from:
- grown, reared (animals), or caught (fish)
- Food miles and the environment:
- how far food travels
- how this affects carbon footprint
- why buying local food can be better
- Packaging and the environment:
- benefits (keeps food fresh, reduces waste)
- downsides (plastic waste, pollution)

Sustainability:

- reducing food waste
- impact on the environment and economy
- food poverty (not everyone can access enough food)

Food security:

- making sure everyone has enough safe food

Food from different cultures:

- how different countries have their own traditional foods and eating habits
- comparing at least two international cuisines
- how recipes change over time (modern ingredients, healthier versions, new cooking methods)
- how meals are structured in different cultures

Food manufacturing

The first stage of food processing:

- where food comes from
- how it is transported, cleaned, and sorted

The second stage of processing:

- turning raw foods into products like:
 - wheat → bread
 - milk → cheese/yoghurt
 - fruit → jam or juice

How processing changes food:

- taste, texture, appearance, and nutrition

(e.g. cured meats are different from fresh meat)

Modern food technology:

- fortified foods (adding vitamins/minerals)
- modified foods designed to improve health or production

Food additives:

- things like preservatives, colourings, flavour enhancers, emulsifiers
- their good and bad effects on health and food quality

How additives are used to get the **desired result** in food products

Factors affecting food choice

How our senses affect food choices:

- taste and smell (taste buds and nose)
- how we decide if we like or dislike food

How food is tested:

- tasting panels to compare foods and preferences
- What influences food choices:
 - taste and enjoyment
 - cost and availability
 - time of day and lifestyle
 - culture, religion, and special occasions
 - health or medical needs
 -

How people make healthier choices:

- eating a balanced and varied diet
- understanding portion sizes and cost
- How food information affects choices:
 - food labels and advertising
 - marketing and packaging



- **Revision Resources**

Past Papers available on Eduquas website

GCSE POD

CPG Revision Guides

-



BBC
BITESIZE

- [GCSE](#)



You must answer all questions in the paper.

You will need a black pen for the exam.

Further detail and revision materials can be found here:

GCSE POD

CPG Revision Guides

