



YR 7 DESIGN & TECHNOLOGY/Food

Revision guidance

Circulation	Year 7 DT & Food Students
Title	Y7 DT/Food Formal Exams - Revision Guidance and Practice
Purpose	To provide revision information for Y7 Formal Exams

Time Allowed: 45 Minutes

Instructions: Answer all questions in the spaces provided. Check your answers carefully.

This assessment covers Design Movements, Health & Safety, Nutrition, and Practical Skills.

You MUST write in FUL SENTENCES. Click on the links provided below for help.

Pop Art (Art & Design)

- [Pop Art – BBC Bitesize Guide](#)
- Covers **Pop Art styles, artists, and techniques**

Health & Safety (Design & Technology / Science)

- [Health and Safety in Design & Technology](#)
- Explains **safe use of tools, workshop rules, and protective equipment**

Measuring (Maths)

- [Length and Measurement \(cm and mm\)](#)
- Includes **metric conversions and measuring skills**

Nutrition (Eatwell Guide / Food)

- [Healthy Diet and the Eatwell Guide](#)
- Covers **balanced diet, food groups, and healthy eating**

Hygiene & Food Safety

- [Food Hygiene and Safety](#)
- Explains **cleaning, washing up, and avoiding contamination**



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Presentation & Study Skills

- [Study Skills and Organisation](#)
- Helps with **neat work, organisation, and revision techniques**