

Food Preparation and Nutrition

Y11 Revision Guide
January – May 2026

Exam Specification and Exam Board	Food Preparation and Nutrition 8585/W AQA
Past Paper Questions	Link to the AQA Website that offers Past Papers and Mark Schemes https://www.aqa.org.uk/subjects/food-preparation-and-nutrition/gcse/food-preparation-and-nutrition-8585/assessment-resources
Useful Revision Websites	The Digi Book - https://www.illuminate.digital/aqafood/ Username – ssheldon3 Password – student3
Exam Info	Thursday 11 th June 2026 – afternoon. 1hr 45mins. 20 Marks Multiple Choice. 80 Marks Longer Form Questions.

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Week	Activity 1	Activity 2
1 05.01.25	<p>Food and Nutrition – Proteins Read Pages and/or watch online video links on pages 2 to 7 of the Digi Book. Create a mind map for Proteins as suggested on Page 6.</p>	<p>Print out and attempt this 6-mark question on proteins. https://vefijew.exampro.net/ Or Answer the online Proteins quiz on Page 7 and the exam style questions to test your knowledge.</p>
2 12.01.25	<p>Food and Nutrition – Fats Read Pages and/or watch online video links on pages 10 to 13 of the Digi Book. Create a mind map for Fats as suggested on Page 6.</p>	<p>Print out and attempt these two questions on fats worth 10 marks. https://vaioxen.exampro.net/ Or Answer the online Fats quiz on Page 7 and the exam style questions to test your knowledge.</p>
3 19.01.25	<p>Food and Nutrition – Carbohydrates Read Pages and/or watch online video links on pages 16 to 19 of the Digi Book. Create a mind map for Carbohydrates as suggested on Page 6.</p>	<p>Print out and attempt these two questions related to Carbohydrates worth 7 marks. https://oaduloe.exampro.net/ Or Answer the online Carbohydrates quiz on Page 21 and the exam style questions to test your knowledge.</p>
4 26.01.25	<p>Food and Nutrition – Vitamins, Minerals and Water Read Pages 22 to 37 of the Digi Book. Create a set of revision cards on Vitamins, Minerals and Water</p>	<p>Print out and attempt these two questions related to Vitamins, Minerals and Water worth 9 marks. https://xuqeyuj.exampro.net/ https://nykyuoe.exampro.net/ Or Answer the online Vitamins quiz on Page 30 and the exam style questions to test your knowledge. Answer the online Minerals quiz on Page 35 and the exam style questions to test your knowledge. Answer the online Water quiz on Page 37 and the exam style questions to test your knowledge.</p>

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<p>5 02.02.25</p>	<p>Food and Nutrition – Healthy Eating Guidelines Read Pages and/or watch the online videos on Pages 38 to 43 and 64 to 67 of the Digi Book. Create a Q&A power point resource to support your revision on Healthy Eating Guidelines</p>	<p>Print out and attempt these two questions related to Healthy Eating Guidelines worth 9 marks. https://faguuoex.ampro.net/ Or Complete the activity on Page 43.</p>
<p>6 09.02.25</p>	<p>Food and Nutrition – Dietary Life stages Read and watch the online videos on Pages 45 to 51 of the Digi Book. Create a Mind Map representing each life stage and their nutritional needs.</p>	<p>Print out and attempt this 12-mark question linked to Healthy Eating and Life stages. https://lugauicex.ampro.net/ Or Test your knowledge with the online questions and exam questions on life stages on Page 55.</p>
<p>February Half Term</p>	<p>Task 1: Food and Nutrition – Energy Read and watch the online videos on Pages 58 to 61 of the Digi Book. Create a power point to support your revision for Energy.</p> <p>Task 2: Food and Nutrition – Diet Nutrition and Health. Read and watch the online videos on pages 70 to 76 of Digi Book. Create a mind map to detail the information on these pages.</p>	<p>Task 1: Print out and attempt this 6-mark question linked to Energy. https://juripoyex.ampro.net/ Or Complete the online questions and exam questions on life stages on Page 62.</p> <p>Task 2: Print out and attempt this 6-mark question linked to Dietary Health. https://oesixioex.ampro.net/</p>
<p>7 23.02.25</p>	<p>Food Science – Why we Cook Food and Heat Transfer Methods. Read pages 78 to 90 of the Digi Book. Make revision cards on Heat Transfer Methods. Watch the animated links to Conduction, Convection and Radiation Heat Transfer.</p>	<p>Print out and attempt this 6-mark question on Heat Transfer Methods. https://eoeeiejex.ampro.net/ Or Test your knowledge with the online quiz and exam style questions on Page 90</p>

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<p>8 02.03.25</p>	<p>Food Science – The Science of Proteins. Read pages 105 to 115. Make a Q&A revision Power Point on Coagulation, Denaturation, Gluten and Foam Formation. WATCH LINKED ANIMATIONS Denaturation and Coagulation – P.106 and 107 Gluten – P. 110 Foam Formation – P.114</p>	<p>Print out and attempt the question on the Science of Proteins worth 6 marks. https://uahibuq.exampro.net/ Or Test your knowledge with the online quiz and exam style questions on Page 115</p>
<p>9 09.03.25</p>	<p>Food Science – The Science of Carbohydrates (Gelatinisation, Dextrinisation and Caramelisation). Read pages 116 to 123. WATCH LINKED ANIMATIONS on Gelatinisation Page 117. Answer practice questions on Page 125</p>	<p>Print out and attempt the exam question on Gelatinisation worth 6 marks. https://ciyudee.exampro.net/</p>
<p>10 16.03.25</p>	<p>Food Science – The Science of Fats and Oils (Plasticity, Emulsification, Shortening, Aeration) Complete revision from pages 126 to 137. Make mind map for each science of fats. WATCH LINKED ANIMATIONS on Shortening – Page 130 Aeration – Page 134 Emulsification – Page 135 Answer exam questions and quiz on Page 140.</p>	<p>Print out and attempt the exam question on Shortening worth 4 marks. https://fecisy.yexampro.net/</p>
<p>11 23.03.25</p>	<p>Food Science – Raising Agents Review pages 140 to 151 and create revision cards on: Natural Raising Agents Chemical Raising Agents Biological Raising Agents WATCH LINKED ANIMATIONS Carbon Dioxide – Page 146 Yeast – Page 149 Steam – Page 151 Answer exam questions and quiz on Page 154</p>	<p>Print out and attempt the exam question on scones faults worth 6 Marks https://ioeywic.exampro.net/</p>

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Easter Break

Week 1:

Food Safety – Microorganisms and Enzymes

Conditions Required for Bacterial Growth (**Pages – 159 to 160**)

Create a set of revision cards.

Answer exam questions and quiz on **Page 161.**

Signs of Food Spoilage (**Pages – 161 to 164**)

WATCH RELATED ANIMATIONS

Enzymic Browning – **Page 162**

Mould – **Page 163**

Answer exam questions and quiz on **Page 164.**

Microorganisms used in Food Production (**Pages – 159 to 160**)

Create a Set of Revision Cards related to cheesemaking process.

Answer exam questions and quiz on **Page 171.**

Week 2:

Food Safety – Bacterial Contamination

Bacterial Symptoms – (**Page 171**) Bacterial Types - (**pages 172 to 173**)

Create revision cards for each type.

WATCH ANIMATION on Bacterial Reproduction – **Page 173**

Key Temperatures – (**page 174**)

Create a Thermometer showing ALL Key Temperatures and bacterial activity.

Cross Contamination – (**Pages 176 to 181**)

Create a LARGE MIND MAP showing Cross Contamination Information

Answer exam style multiple choice questions and quiz on **page 182.**

Week 1:

Print out and attempt the following set of past exam questions on:

Enzymic Browning – 6 marks

Cheese Production – 6 marks

Bacterial Contamination – 4 Marks

Cross Contamination – 4 Marks

<https://boxiaaf.examprom.net/>

Week 2:

Attempt the Case Study Activity on **Page 183 to 184**

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<p>12 13.04.25</p>	<p>Task 1: Food Safety – Buying and Storing Food Create a set of revision cards showing the information on principles of buying and storing food Pages 185 to 190 Complete the practice questions and quizzes on Page 192.</p> <p>Task 2: Food Safety – Preparing, Cooking and Serving Food Create a mind map focussing on Personal Hygiene when dealing with food Pages 192 to 194 Create a Table showing all the preparation and cooking risks using Pages 195 to 198 Create two revision resources to help remember:</p> <ol style="list-style-type: none"> 1. How to use a temperature probe 2. Chopping board colours <p>Page 199 Complete practice exam questions and quiz on Page 201</p>	<p>Task 1: Attempt the food storage activity on page 191.</p> <p>Task 2: Answer the three questions related to the Principles of Food Safety (2 x 5 markers and 1 x 6 markers) https://rubunix.exampro.net/</p>
<p>13 20.04.25</p>	<p>Food Choice – Factors Influencing Food Choice This is a big topic with a lot of information. Create a Mind Map with as much detail as you can from Pages 202 to 210</p>	<p>Attempt the Challenge Activity on Page 210</p>
<p>14 27.04.25</p>	<p>Task 1: Food Choice – Religion- Create a set of Flash Cards on each Religion Pages 211 to 215</p> <p>Intolerance and Allergy – Create revision power points on Intolerances and Allergies Pages 217 to 219</p>	<p>Task 1: Attempt to answer practice exam questions on Page 220</p>

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	<p>Task 2: Food Choice – Food Labelling – Create a set of flash cards focussing on Mandatory and Non-Mandatory requirements of food labelling. Pages -202 to 230</p> <p>Food Marketing Create a Mind Map on Marketing Influences on Food Choice. Pages 231 to 233</p>	<p>Task 2: Print out and complete the two past exam questions on Food Labelling and one on Food Marketing. https://yuheuet.exampro.net/</p>
<p>15 04.05.25</p>	<p>Food Choice – Sensory Evaluation How We Taste Food Pages 250 to 254 Create Flash Cards showing each type of sensory test. Create a Mind Map showing how to ensure Sensory Tests are valid and reliable.</p>	<p>Print out and attempt the past exam question on Sensory Testing https://uusareg.exampro.net/</p>
<p>16 11.05.25</p>	<p>Task 1: Food Provenance – Food and the Environment and Carbon Footprint Pages - 263 to 268 Make Specific Revision Notes on - Food Packaging – Pages 265 to 266 Food Miles/Local Food – Pages 266 to 267 Food Waste – Page 268 Have a go at Practice Quiz and Questions on Page – 269</p>	<p>Task 1: Print out and attempt the following Past Paper Questions: Food Packaging and Food Waste (8 Marks) Food Miles (4 Marks) https://tuunique.exampro.net/</p>
<p>17 18.05.25</p>	<p>Food Provenance – Sustainability of Food Production – Pages 270 to 272 Create a revision resource on Sustainability Fair Trade Food Page 272 Create a set of flash cards for Fair Trade Food Have a go at Past Questions and Quiz on Page 273</p>	<p>Print out and attempt the following Past Paper Questions: Carbon Footprint (6 marks) Environmental Impact and Sustainability (7 marks) Fairtrade Food (3 marks) https://kekikew.exampro.net/</p>

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May
Half Term

Task 1:

Food Provenance –

Food Processing:

Primary Food Processing:

Turning Wheat into Flour – **Page 276**

Create a revision resource to help understand this process.

Preparing Milk Ready For Sale –

Page 278

Create a revision resource to help understand this process.

Secondary Food Processing:

Turning wheat into Pasta- Page 280

Create a revision resource to help understand this process.

Turning Milk into Yoghurt – Page 281

Create a revision resource to help understand this process.

Attempt practice exam questions and quiz on **Page 283**

Task 2:

Food Provenance –

Fortification and Additives

Fortification of Food – Pages 284 to 286

Create a set of flash cards to help revise fortification.

Additives – Pages 287 to 288

Create a set of flash cards to help revise additives.

Attempt questions and quiz on **Page 289**

Task1:

Print out and attempt the following

Past Paper Questions:

Turning wheat into flour (4 marks)

Heat Treatment of Milk (6 marks)

<https://jidexeg.examprom.net/>

Task 2:

Print out the following past exam questions :

Fortified foods (4 marks)

Additives (6 marks)

<https://gamolek.examprom.net/>