



5 hours in... Food Science and Nutrition (Year 12)

Research shows that the most successful students (i.e. those that make the most progress and get the highest grades) are doing between 20 and 25 hours of independent study per week by the end of Year 13. That may seem a lot, but it's something that you would build up to over the course of your A-Levels. In Year 12, we're talking something more like 15 hours per week. This equates to roughly 5 hours of independent study per A-Level per subject.

Remember that your independent study is divided into three types – **Consolidation, Reactive and Proactive**. How this is divided may vary from week to week or between subjects but one approach could be:

Consolidation - 45mins

Straight after a lesson, or that evening / the following day you should reread your notes, talk a topic through with somebody, write summaries, mindmaps, flashcards e.g. for equations, definitions, facts you need to recall etc.

The content of each theory lesson is used in your Internally Assessed project and could be the basis of a question in the Year 12 Examination. Use these 45 minutes to ensure your class notes are comprehensive, all the Power Points from each theory lesson can be found on TEAMS to help you.

A neat folder is a vital component of a successful Internally Assessed project so use this time to keep your folder in excellent order.

Reactive – 3hrs

This is your 'homework'. Each of your teachers should give you at least 1 hours' worth of homework each week. This could be linked to upcoming exams, preparation work for coursework or coursework that is currently being completed.

The majority of Year 12 homework tasks in Year 12 are sample exam questions based on the topics we have studied. These questions DO NOT take long but it is expected that you utilise your notes to structure a response which will take longer than the advised time for the question.

When marked exam questions are returned to you use this REACTIVE time to review your mark and the comments offered. It would be excellent practice to rewrite your responses using the advice offered in order to have a bank of answered questions that may come up in a future examination.

Practicing practical tasks is a very good way to use REACTIVE time. If you practice, time each part of the practical so that you can finish on time in the actual session.

Particularly practice any skills that you feel you may use in your 3.5 hour assessment.

If you find this takes more than 1 hour, that's fine, you can take this from the proactive phase (not from the consolidation phase though). Equally, if you find you finish your reactive work quickly, spend more time on your proactive work.

Proactive – 1hr 15mins

This is the section that will broaden and deepen your overall understanding of the subject you are studying. It will not necessarily involve work that has been set by your teacher, but instead it is about you doing the extra practice questions, reading articles, watching videos, TED talks etc. In Food Science and Nutrition, this might contain some of the following:

- Complete a set of practice past paper questions – available from the exam board website (1 hour)
- Use the Learning Objective Specification checklist to evaluate your understanding (30 mins)
- Creation of knowledge organisers for each Learning Objective and Assessment Criteria (1 hour)
- “Read, Cover, Write and Check” sections of Knowledge organisers (30 mins)
- Watch a TED talk on a relevant topic (20 mins)

Useful links:

WJEC – Past Papers Website

Full of useful questions for you to practice.

<https://www.wjec.co.uk/home/past-papers/>

GCSE – Food Preparation and Nutrition Digi Book

<https://www.illuminate.digital/aqafood/>

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