

















Food Preparation and Nutrition Final countdown – GCSE examination 2024

Faculty:	Date of exam	Exam title	Duration	Exam board
Food Preparation and Nutrition	19 th June 2024	Paper 1: Food, Preparation & Nutrition	1 hour 45 minutes	AQA

Date	Task to be revised	GCSE Pod link
23 weeks to go	Food Safety & Hygiene	
22 weeks to go	Food spoilage & Bacterial contamination	
21 weeks to go	A balanced diet	
20 weeks to go	Effects of a poor diet	
19 weeks to go	Proteins - HBV & LBV	
18 weeks to go	Fats - Saturated & Unsaturated fats	

17 weeks to go	Carbohydrates - Starch, Sugars & dietary fibre	
16 weeks to go	Micro nutrients – Vitamins & minerals	
15 weeks to go	Water	
14 weeks to go	Energy needs	
13 weeks to go	Nutritional analysis	
12 weeks to go	Heat transfer methods & Cooking methods	
11 weeks to go	Functional & chemical properties of food – Proteins: coagulation, denaturation, gluten & foam formation.	
10 weeks to go	Functional & chemical properties of food – Carbohydrates: gelatinisation, dextrinization, caramelisation.	

9 weeks to go	Functional & chemical properties of food –Fats & Oils: Shortening, aeration, plasticity, emulsification.	
8 weeks to go	Functional & chemical properties of food – Fruit & Vegetables: enzymic browning & oxidation.	
7 weeks to go	Raising agents: Chemical, Mechanical, Biological & steam.	
6 weeks to go	Factors affecting food choice & Food labelling	
5 weeks to go	Sensory analysis	
4 weeks to go	British & international cuisines	
3 weeks to go	Food processing	
2 weeks to go	GM foods & organic farming	

1 week to go	Sustainability & food sourcing	
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