

Parkhall Integrated College  
Revision Fact File



<b>Subject</b>	Food and Nutrition
<b>Exam Board</b>	CCEA
<b>Specification</b>	<a href="#">Food and Nutrition Specification</a>
<b>Unit 1: 2 hours Food and Nutrition</b>	The paper will include multiple-choice, short, and structured questions, and questions that require extended writing. The exam is worth 50% of overall mark.
<b>Specific equipment required</b>	Black Pen

# Food & Nutrition

<b>Exam paper specific skills/knowledge</b>	<ul style="list-style-type: none"> <li>• food provenance.</li> <li>• food processing and production.</li> <li>• food and nutrition for good health.</li> <li>• energy and nutrients.</li> <li>• macronutrients.</li> <li>• micronutrients.</li> <li>• fibre.</li> <li>• water.</li> <li>• nutritional and dietary needs.</li> <li>• priority health issues.</li> <li>• being an effective consumer when shopping for food.</li> <li>• factors affecting food choice.</li> <li>• food safety.</li> <li>• resource management.</li> <li>• food preparation, cooking and presentation skills.</li> </ul>
<b>Subject Specific Strategies for Revising</b>	<ul style="list-style-type: none"> <li>• Timed essays e.g., allow 9 minutes for 9-mark question.</li> <li>• Mind maps to help with revision.</li> <li>• Flash cards with definitions of key terms</li> </ul>
<b>Useful Websites</b>	<ul style="list-style-type: none"> <li>• <a href="https://ccea.org.uk/foodandnutrition">https://ccea.org.uk/foodandnutrition</a></li> <li>• <a href="https://www.bbc.co.uk/bitesize/foodandnutrition">https://www.bbc.co.uk/bitesize/foodandnutrition</a></li> </ul>
<b>How can parents help?</b>	<ul style="list-style-type: none"> <li>• Parents can help support their child in Food and Nutrition through encouraging daily revision.</li> </ul>
<b>Where could I find past papers and mark schemes?</b>	<p><a href="#">GCSE Food and Nutrition past papers mark schemes</a></p>