



Food and Nutrition Revision Guide

#YOUVEGOTTTHIS

Advice for Exams:

Advice on time management: Give yourself time to carefully read all the questions. Remember that the exam paper is divided into two sections;

- **Section A:** questions based on stimulus material.
- **Section B:** structured, short and extended response questions to assess content related to food preparation and nutrition.

Attempt all questions.

Revision Techniques: Use a variety of techniques such as Mind maps / bullet points / spider diagrams / revision cards to condense theory. GCSE Bitesize is also useful for revision of many topics and for testing knowledge.

Important Resources:

Keep referring to your class notes and the revision guides that you have been given. Check the **Food and Nutrition GOOGLE Classroom** for updates and further revision guidance and support.

Use the Illuminate on line text book/resource.

Key Dates:

Food and Nutrition Exam
Monday 10th June 2019 (am)

Revision tools/strategies/resources:

Do's for Food and Nutrition	Don'ts for Revising Food and Nutrition
<ul style="list-style-type: none"> • Look at the past papers and their marking schemes on the WJEC website. Choose a question and time yourself to answer it. Your teacher will be happy to go over it with you. 	<ul style="list-style-type: none"> • Don't leave it until last minute – create a plan and do a little revision often.
<ul style="list-style-type: none"> • Do use technical language and specialist key words when answering the exam questions. 	<ul style="list-style-type: none"> • Avoid repeating yourself when answering the detailed questions
<ul style="list-style-type: none"> • Refer to help sheets for explaining the terms commonly used in examination papers for questions e.g. define, state, explain, describe, discuss, evaluate, assess. 	<ul style="list-style-type: none"> • Avoid one word answers. More detail and length is required for questions which ask you to discuss, evaluate or assess.
<ul style="list-style-type: none"> • Always read the question carefully and highlight key words to focus your answer on. 	<ul style="list-style-type: none"> • Avoid waffle. Always keep to the main points of the question. Try not to use bullet points.