

Food and Nutrition

Exam board: AQA

Link to specification:

[AQA GCSE Food Preparation and Nutrition](#)

2026-27 Y11 Mock Exams

Title and length of paper(s): Food Preparation and Nutrition. 1 hour 45 minutes (100 marks)

Style(s) of question: A mixture of multiple choice, short answer and essay style questions.

From the last 2 weeks of September, students will be given a weekly programme to structure and focus their revision. They will be given specific techniques to use, along with a schedule of in-lesson activities to check their retention.

Knowledge to be assessed	Revision resources
Food, Nutrition and Health: • Macronutrients • Micronutrients • Nutritional needs and health Food Science: • Cooking of food and heat transfer • Functional and chemical properties of food Food Safety: • Food spoilage and contamination • Principle of food safety Food Choice: • Factors affecting food choice • British and International cuisine • Food labelling and marketing Food Provenance: • Production and Processing • Sustainability and Environmental Impact	AQA Textbook Practice Questions: Pg 189 Pg 235 Pg 277 Pg 339 Pg 409 AQA Website: Food Preparation and Nutrition Past Papers and Mark Scheme YouTube Videos: GCSE Food Preparation and Nutrition