

REVISION

Just reading is not usually effective revision - make revision active !!

- Make and use flashcards – look, cover, remember (even better – get someone to test you on the contents).
- Make mind maps and display them around your room/step by step sketches
- Write your own quiz
- Practice questions and mark them – ask yourself – ‘Why did I drop marks? What do I still need to learn?’

Use your revision guide, year 10 and year 11 classwork books to make revision notes. Look at past questions we have completed in class and the questions at the end of each section of your revision guide. Break revision down into chunks;

- Read
- Revise
- **Practice**

YEAR 11 REVISION TOPICS OCT 2020

Page references are for CGP GCSE Food Preparation & Nutrition - The Revision Guide

Healthy Eating, Nutritional Needs pg 11-15

Excess and deficiency of macronutrients pg 1 - 10

Heat transfer, cooking methods, effect of heat on macronutrients pg 23 -29

Refrigeration & food storage pg 38

GM foods pg 44

Food Waste & Packaging pg 47 - 48

Sensory Evaluation pg 67 - 68

Factors affecting Food Choice pg 60 -61

Reared Food - egg production pg 45