



Top Tips for Revision in Food Preparation and Nutrition

- Start early and revise little and often. Space out your revision
Revise a little bit most days. You will remember more than if you do a marathon revision session. Make a plan.
- Mix up your revision
If you have three exams in, say, English, maths and food, it's best if you revise English for 30 minutes, then maths for 30 minutes, then food for 30 minutes and then cycle through again, rather than revising each one for a long time before switching.
- Stop rereading and highlighting
While reviewing your notes might be valuable if you haven't looked at the material in a while, the two strategies below will provide far greater benefits than simply going over your notes or book over and over again.
- Put the material in your own words and connect it to what you know
See if you can translate your notes or book into words or pictures that you understand, and then try to think of an example that fits this concept. You could even cook something to help you remember the scientific reactions or the nutrition of the commodity.
- Practise retrieving the information
You don't want to get to the exam and find out that you can't actually pull any of that studied material out of your memory. If you practise retrieving the information by asking yourself questions, quizzing with a friend or using flashcards, you will be able to review those areas that you have trouble recalling. The Collins revision book that I recommended is great for this – see link below.
- Be kind to yourself – there are some great tips on the Youngminds website.

Key Revision Techniques

- Make sure you understand what the command words mean, i.e. explain, describe, evaluate, discuss etc. I will provide a resource to help you with this.
- Many students find the long answer questions challenging – you need to practice writing answers to them against the clock. Plan your answer and break the question down into appropriate sections. These questions are worth a lot of marks so it is vital that you can answer them effectively. I will set you these.
- Use Seneca online learning platform to revise and consolidate knowledge.
- Create your own flash cards / mind maps if you find it helpful. However, remember to put into your own words, as purely copying has been found to be an inefficient revision technique. A more efficient technique is to write down everything you recall on a topic without looking at notes / books THEN fill in any gaps using notes / books in a different coloured pen. Do it again the following day, you should retain more each time. Or make up questions for yourself, shut your textbook and try and answer them. There is a useful article from the learning scientists [HERE](#)
- Use the revision guides I have recommended below, or the questions in your online textbook.
- Buddy up – revising sensibly with friends, either online or in person, can really help.

Revision Sessions

From Monday 8th January – every Monday break 2 in room 817 – focused revision session looking at key terms and exam questions.

Useful Revision texts:

- Collins - [Collins GCSE Grade 9-1 Revision - WJEC Eduqas GCSE 9-1 Food Preparation](#)
- Illuminate - [Eduqas GCSE Food Preparation and Nutrition - Revision Guide - Illuminate Publishing](#)

Useful Websites

- Free Homework & Revision for A Level, GCSE, KS3 & KS2 ([senecalearning.com](https://www.senecalearning.com))
- [14 - 16 Years - Food A Fact Of Life](#) – lots of quizzes on here
- [GCSE Home Economics: Food and Nutrition \(CCEA\)](#) - BBC Bitesize