



<b>Subject</b>	Food Preparation and Nutrition	
<b>Title/Topic</b>	<b>Format</b>	<b>Length</b>
Advent Assessment	Exam 100 Marks	1 Hour 30 Mins

**In this Advent assessment I will be asked to show I can...**

Demonstrate an understanding of the GCSE Food Nutrition and Preparation course content delivered in theory and practical lessons.

In this Advent assessment you will be complete a mock exam paper, compiled from past exam questions used by the OCR exam board. This will cover a wide range of topics which you have covered in your lessons. This will include Section A, Section B, Section C, Section D and knowledge covered in practical lessons.

**What should I do to revise and prepare for this assessment?**

To achieve success in your advent assessment you will need to revise the following topics from your food booklets:

- Section A
- Section B
- Section C
- Section D

Make sure to use both your information recorded and the knowledge organisers attached in your booklets.

**What useful websites/resources could I use to help me prepare?**



[GCSE - Food Preparation and Nutrition \(9-1\) - J309 - OCR](#)

<https://www.ocr.org.uk/qualifications/gcse/food-preparation-and-nutrition-j309-from-2016/>

<https://www.ocr.org.uk/qualifications/gcse/food-preparation-and-nutrition-j309-from-2016/assessment/>

[GCSE Learning and Revision | GCSEPod](#)

OCR GCSE Food Preparation & Nutrition textbook by Val Fehners, Consultant editor: Anita Hardy  
If you wish to buy a copy, a link to Amazon is attached:

[OCR GCSE Food Preparation and Nutrition: Amazon.co.uk: Fehners, Val: 9781471867491: Books](https://www.amazon.co.uk/dp/9781471867491)

De Lisle Food Booklets – Section A, Section B, Section C and Section D.