



Subject	Food Preparation and Nutrition		
Title/Topic	Format	Length	Date
Lent Mock Exam – Food Preparation and Nutrition	Written exam paper - part 1	45 mins	04/03
	Written exam paper - part 2	45 mins	05/03

In this Lent assessment I will be asked to show I can...

- Demonstrate a secure understanding of the core principles of food preparation and nutrition, including nutrition, food science, food choice and food safety.
- Apply my knowledge to exam-style questions taken from past OCR GCSE papers, including multiple-choice, short-answer and extended response questions.
- Show that I can analyse information, explain processes and justify choices using accurate subject terminology.
- Use examples from practical lessons to support written answers, particularly when explaining skills, techniques, ingredients and outcomes.
- Answer questions from Section A, Section B, Section C and Section D of the course, drawing on learning from both theory lessons and practical work.
- Manage my time effectively and demonstrate exam technique appropriate for a GCSE written examination.

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 the information you have 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.