



Subject	Food Preparation and Nutrition		
Title/Topic	Format	Length	WC
Pentecost Assessment	Exam 100 Marks	1 Hour 30 Mins	15/06

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

Develop an understanding for the GCSE Food Nutrition and Preparation course through the content delivered in both theory and practical lessons. We will also show clear understanding of content through knowledge organiser tests to help prepare ourselves for exam questioning and improve our knowledge of the course.

In this Pentecost assessment you will be tested in a mock exam paper, put together 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, ranging from Section A, Section B, Section C, Section D as well as information from practical lesson's.

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

To achieve success in your Pentecost 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](#)

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