



Subject	Food Preparation and Nutrition		
Title/Topic	Format	Length	WC
Mock Assessment	Exam 100 Marks	1 Hour 30 Mins	23/11/26

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

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

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.