Subject	GCSE Food Preparation and Nutrition		
Title/Topic	**Format**	**Length**	**WC**
Advent Assessment	Written exam 50 Marks	45 Mins	23/11/2026

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 Advent 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, topics 1 – 11, Section C, topic 3, food safety and Section D, topic 1, knife skills and topic 2, preparation and techniques.

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 – Topic 1 – 11.
Section C – Topic 3 – Food safety.
Section D – Topic 1 – Knife skills.
Topic 2 – Preparation and Techniques.

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/

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 C and Section D.