

# Hospitality and Catering revision top tips

Make sure you know the command words used in the exam.

<http://www.aqa.org.uk/resources/food/gcse/food-preparation-and-nutrition/teach/command-words>

Start off small: 10 minutes revision of 100% focus then have a break. Gradually build up the length of time to 20, then 40 minutes if your concentration will hold.

## Useful Websites

- <https://www.ifst.org/lovefoodlovescience>
- <https://www.nutrition.org.uk/>
- <https://www.grainchain.com/all-resources>
- <https://www.ifst.org/>
- <https://quizlet.com/240309265/gcse-food-preparation-nutrition-keywords-flash-cards/>
- <http://www.eatwell.gov.uk>
- <http://www.foodlink.org.uk>
- <http://www.wjec.co.uk/qualifications/hospitality-and-catering/hospitality-and-catering-gcse.html>
- <http://www.memrise.com/home/>
- <http://www.bbc.co.uk/schools/gcsebitesize/design/>
- <http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx>

## Topics to revise:

Revision Checklist			
How well do I know this?			
Topics	✓	✓✓	✓✓✓
Food, Nutrition and Health			
Hospitality Industry			
Food Spoilage			
Where food comes from			
Factors affecting food choice			
Preparation and cooking techniques			

Every student has received a **Revision guide and an exam question booklet.**

There are 6 Sections.

At the end of each section there are 25 revision questions to test yourselves.

Create summary notes and anything simple that helps your memory – as short notes, drawings and sayings are much easier to remember.

## PAST PAPERS

<http://www.wjec.co.uk/qualifications/qualification-resources.html?pastpaper=true&subject=hospitalityAndCatering&level=gcse>

**Eat well.** Good brain foods? Wholegrain foods (cereals, wheat bran, wheatgerm and whole wheat pasta). Blueberries. Blackcurrants. Broccoli. Tomatoes. Oily fish. Nuts

# Food, Nutrition and Health



	Classify all the nutrients into as many groups that you can think of. E.g. Macro/Micro, Energy givers, Fat soluble and Water soluble etc.	
	Draw the eat well guide and label the correct foods and drinks	
	Create a leaflet for the nutritional needs of toddlers, children and teenagers.	
	Write a newspaper article on elderly people and how they need to stay healthy – what foods they should be eating.	
	Make a pairs game demonstrating health problems linked with over and under consumption of certain nutrients.	
	Write a step by step guide to explain BMR and PAL	
	Plan 3 menu's that are nutritionally balanced for children, teenagers and elderly.	
	Make a mind map for making a menu linked to special diets (health, choice and religion)	
	Create a glossary of keywords that you don't know	
	Complete questions in revision guide p.22	

# Food Spoilage



	Classify the factors that contribute to food spoilage	
	Draw a thermometer and indicate the key temperatures in the food industry	
	Create a leaflet to advise kitchen staff how to store their food safely	
	Write a step by step guide to prepare food safely	
	Make a pairs game of food poisoning and the symptoms	
	Write a newspaper article that reported on a restaurant that was shut down for health and safety. Include everything that the restaurant didn't follow but should have)	
	Make a poster explaining what high risk foods are and their ideal conditions for bacteria	
	Make a mind map explaining the ways food can be preserved	
	Create a glossary of all the key words to do with food spoilage	
	Complete all questions in revision guide p.42	

# Where food comes from



	Classify the different types of food (grown, reared and caught – include the different methods)	
	Explain the advantages and disadvantages of GM Crops	
	Create a leaflet explaining the differences between Intensive and Organic farming	
	Write a step by step guide of the primary and secondary processing of wheat	
	Create a pairs game of linking raw foods to the processes they go through	
	Write an article on food waste, what it is and how to stop	
	Make a poster explaining why buying locally is important for the environment	
	Make a mind map of food poverty and food security	
	Create a glossary of all key words (fortification and modification)	
	Complete all questions in revision guide p.59	

# Factors effecting food choice



	Classify the factors that effect food choice	
	Draw a food product and label all the information needed by law	
	Create a leaflet explaining the 4 main moral and ethical concerns when it comes to food choice	
	Write a step by step guide of how to create a star profile to sensory test a food product of your choice	
	Create a pairs game linking religion to what foods they can and cannot have	
	Make a poster demonstrating the different types of sensory testing	
	Explain the differences between food intolerance and food allergies	
	Create a mind map of the influences that effect marketing	
	Create a glossary of words that you don't know	
	Complete all questions in revision guide p.69	

# Preparation and Cooking Techniques



	Classify the different ways to cut fruit, vegetables, meat and fish.	
	Draw a table that demonstrates the units you measure different food in (liquid, solids and powders)	
	Create a leaflet on pastry, the different types, properties and uses	
	Write a step by step guide on how to de bone a chicken	
	Create a pairs game that link different ways to make sauces and their definitions	
	Make a poster explaining the standard pieces of equipment you may find in any kitchen – included what you would use them for (blenders, food processors, pasta machines etc)	
	Create a step by step guide to shaping different foods (include wrapping, skewering, layering)	
	Create a mind map to show the different cooking methods	
	Create a glossary of words that you don't know	
	Complete all questions in revision guide p.77	

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