

How can parents help?

Please encourage your son/daughter to make full use of all the resources and support available. They should ...

- **Use their GCSE exercise books for revision.** Pupils should revisit all their notes from year 10.
- **Practice.** Pupils should use previous exam papers which they can find on the L drive with the mark schemes.
- **Read around the subject.** Use the L drive to locate exam revision help and recall homework tasks.
- **Encourage** pupils to complete the Quizlet centre (MrsGrant_Northgate), Seneca and BBC bitesize.
- **Revision guide.** Purchase the OCR revision guide from Hodder education or Amazon.
- Make full use of **class time** and teacher expertise.
- Draw up a **realistic revision timetable** and stick to it.

When practising old exam papers, remember to...

- **Read** the question carefully. What is it asking you to do? Try putting it into your own words.
- **Underline** the key words & facts in the question to help you to work out what you need to do.
- **Look** at how many marks the question is out of. If it is 1 mark, then they are only looking for a 1 word answer. If it is a long mark question, read through your answer, do you need to add more?
- **Do not** use the word healthy! Explain why is it healthy.
- **Do not** bullet point your long mark questions. They must be written in sentences/paragraphs.



GCSE Food Preparation and Nutrition

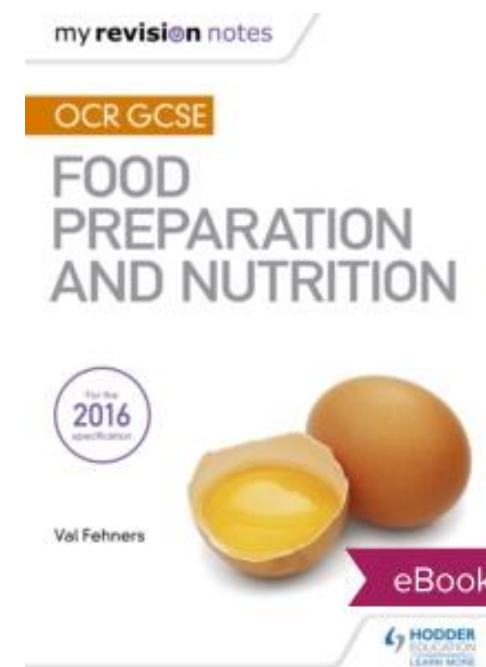
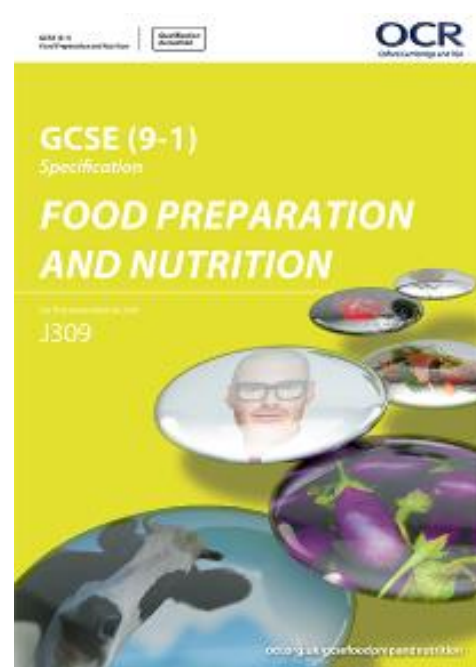
Exam board: OCR

Syllabus: J309

Written exam: 90 minutes

100 marks

50% of overall grade



Advice for Effective Revision