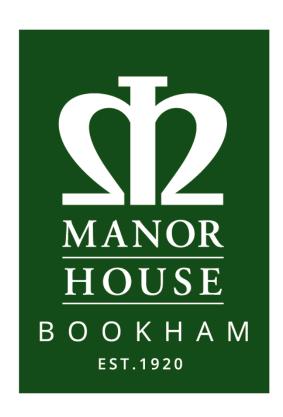
Year 7 Revision Guide 2024



Contents

<u>Topic</u>

General Advice		3
<u>English</u>		8
Mathematics		10
<u>Science</u>		11
	Biology	12
	Chemistry	13
	Physics	14
MFL	French	<u> 16</u>
	Spanish	<u>17</u>
	German	<u>18</u>
<u>Latin</u>		<u> 19</u>
Geography		20
History		21
RS		22
Art		22
Computing		23
<u>Music</u>		23
Food and Nutrition		24

What is this booklet for?

This booklet will help you revise well for your summer examinations.

Can I have a paper copy?

Yes. You can print it from the Senior page on the school <u>website</u> and from <u>Showbie</u>.

How can I best prepare for my examinations?

Revision is key and this booklet is here to help!

How do I revise?

There are <u>lots</u> of ways to revise. Everyone learns differently so try lots of techniques and see which ones work for you. Use the study skills you have learnt in lessons and on your Study Skills day on 12th March 2024 which are linked to on the next few pages.

What do I need to bring to my examinations?

You must bring the following, all in a see-through pencil case:

- calculator
- protractor
- compass
- pencil
- rubber
- ruler
- **BLACK** pens several in case one runs out.
- **GREEN** pen if you normally have extra time

Is last minute late night cramming a good idea?

Not really. Much better to get to bed early the night before your examination and eat breakfast in the morning!

GOOD LUCK! Mrs R Waterhouse

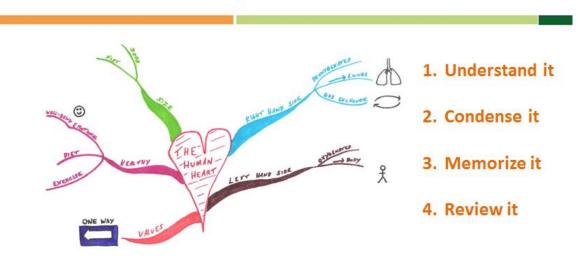
REVISION ... TIMETABLES AND KEEPING TO THEM

Before you begin, it is very important to make a revision timetable.

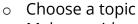
- 1) Work out how many subjects you have and what time you can use for revision.
- 2) Allow enough time for each subject.
- 3) Once you've created a realistic timetable, try your best to keep to it!
- **4)** When you are revising, be sure to keep your energy up and your brain engaged. You can do this by:
 - a. drinking lots of water
 - b. taking regular breaks
 - c. eating healthy snacks

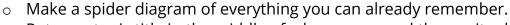
REVISION IDEAS

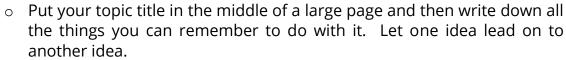
Four Steps to Success



Spider Diagrams and Mind Maps



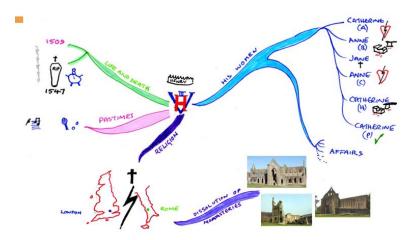




You can add keywords and pictures to help make your mind map more memorable!

- ❖ Talk through your Mind Map to a friend or parent.
- Practise closing your eyes and visualising your Mind Map.
- ❖ Talk it through in your head.

Henry VIII



Highlighting Keywords

- As you read through your notes, highlight the keywords or phrases e.g.
 Nominative
- After reading, write down the keywords and phrases on a separate piece of paper.
- Check that you have remembered them all.
- Talk them through, explaining to a friend or parent.

Mnemonics

These are rhymes/acronyms which help some people remember key points. Try making some up for things you find difficult to remember.

E.g. How to recognise and translate the **Imperfect** tense in Latin =

Mr Imperfect was collecting honey from his bees.

If a verb has a b in it, you translate as was ...ing e.g. sedebat = he was sitting.



• First Letter Triggers

A quick and easy way to remember small lists of words.

Red, Orange, Yellow, Green, Blue, Indigo and Violet



Richard Of York Gave Battle In Vain



Visualisation

Make a picture or diagram with all the information on a topic. Make the picture as funny as you can, using lots of colour. Make it MEMORABLE like this example.

Games

If you find vocabulary difficult to remember, for example, then making "matching pairs" games can be helpful. This is something that can be done throughout the year and played with regularly. Even when you are making the game, you are revising.



Working through examples, questions

After reminding yourself of the grammar, look at previous examples you have translated and have a go at others. Look at previous examples and question that you have answered throughout the year. Some subjects will have websites you can visit like this Latin one (https://www.clc.cambridgescp.com/home-clc) to see if you have got the answers right!

Teen Tips

There are lots of useful resources coming up on Teen Tips over the next few month that include revision tips and managing examination stress. Pupils Home - Teentips Wellbeing Hub

Most importantly, check you have a positive attitude towards your examination performance. Positivity will allow your brain to absorb more.

Instead of	Try thinking
I'm not good at this.	What am I missing?
I'm awesome at this,	I'm on the right track.
l give up.	I will use some of the strategies I have learnt.
This is too hard.	This may take some time and effort.
I can't make this any better.	I can always improve; I will keep trying
I made a mistake.	Mistakes help me improve.
I will never be as smart as her.	I'm going to figure out what she does and try it.
It's good enough.	Is this really my best work?

Year 7 ENGLISH Examination

The summer examination will include two papers, one based on reading an unseen extract and responding to questions and the other will provide a stimulus for some creative writing. Each exam will be **40 minutes long**.

You will be marked on how well you can meet the **assessment objectives.** These are reading and writing skills that you have been learning and are as follows:

Reading:

AO1 = **Interpreting** meanings from a text. (Do you understand what it's about, and also, what the writer is implying?) Can you also find key facts?

A02 = Language and Structure. Here, you are tested on your ability to not only identify a writer's choice of words, methods or techniques in an extract, but you should also be able to comment upon the effect of these on you, the reader – what do the writer's words make you think, feel or imagine? You will use the what, how, why approach that you have practised in class.

AO4 = Critical evaluation of the text - can you identify and **evaluate** how well a writer has achieved their aims, using quotations to support your ideas?

Writing:

AO5= You will be marked on how convincingly you can write an imaginative, **coherent, cohesive** description or short story using a picture stimulus. AO6 = SPaG – your accuracy and range of vocabulary, punctuation and grammar.

Outline of questions:

Reading Paper: The reading section will be based on an unseen extract from a fiction text. You will be asked to show your understanding and opinions. **(AO1)** You will also be asked to focus on the language of the extract, identifying and writing about language techniques and their effects on the reader. (Remember to use what, how and why). **(AO2)**

Additionally, there will be a longer question requiring you to comment on an opinion about the text. You will explain how far you agree or disagree with the opinion, evaluate how the writer has achieved different effects and use evidence from the text to support your ideas – remember to use what, how and why. (AO1, AO2, AO4) What = what impression has the writer given of something?

How = how has the writer created that impression (use quotes and subject terminology to identify types of words or techniques such as nouns, verbs, metaphors etc)?

Why = why do you think the writer chose to write in this way – what effect does it have on you as a reader? What does it make you think, feel or imagine?

Writing Paper. Description or story (narrative) (AO5 and AO6)

Revision recommendations

- 1. Use your exercise books, glossaries and notes from class to revise.
- 2. Recap on the rules for using a range of forms of punctuation and sentence structures.
- 3. Learn spellings of high frequency words and homophones.
- 4. Read through your exercise book and revise how to structure a what, how, why paragraph.
- 5. The workbook published by Oxford University Press: AQA KS3 English Language Year 7 by Helen Backhouse pp3-25 is very useful.
- 6. Complete the practice quizzes set on Educake.
- 7. Practise your descriptive writing techniques. Try this task:

Write a description as suggested by this picture:



Try to include the following in your written tasks:

- Strong verbs and interesting adjectives
- Appeal to the reader's senses
- Imagery i.e, personification, metaphor, simile
- Different types of punctuation for effect
- Varying the length of your sentences
- Structuring your piece using paragraphs

This resource lists the most commonly misspelt words:

http://www.geoffbarton.co.uk/files/student-

resources/English GCSE Masterclass/Essential-Spellings-for-GCSE.pdf

Good Luck!
The English Department

Year 7 MATHEMATICS Examination

The End of Year Mathematics Examination will check understanding and knowledge in a variety of topics that year 7 have encountered this year. There will be one assessment paper, 1 hour in length.

Essential equipment for these assessments is: a black ink pen or biro, a pencil (with sharpener and rubber), a ruler (at least 15 cm long), protractor and a highlighter.

The assessment will assess a wide variety of mathematical knowledge. It is not possible to produce an itemised exhaustive list of topics, however the KS3 Timeline (available on Showbie) includes an overview of what has been studied this year. The DrFrostMaths Year 7 Course also contains this information.

The best way to revise Mathematics is to try to solve mathematical problems and questions. A lot of what has been covered in previous assessments will be useful to look back on, as will going through any DrFrostMaths tasks that you have completed throughout the year (Some of these can be redone as practice).

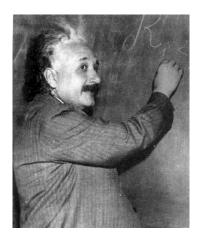
When help is needed the websites below will prove useful:

BBC Bitesize (KS3 Site)

Math Is Fun Website

DrFrostMaths Website

Another good way to revise is using the DrFrostMaths site, specifically focusing on the <u>Courses Section</u>.



Repeating old content and questions is a good way to aid revision. It helps go through topics you may not have seen in a while and exposure and practice should help further your understanding of topics that you will meet in the assessments.

Lastly, previous assessment papers should be checked over to highlight areas of weakness you had then and give some insight on what may need to be improved.

Good luck from the Mathematics Department!

Year 7 How Science Works and Practicals



<u>SENECA</u> (www.senecalearning.com)

You can look up assignments on the specific topics for each subject on the Seneca Website.

Use these to aid your revision by creating flashcards of the information then completing the questions they ask.

Repeating each assignment 3-4 times during your revision will help to embed it in your long term memory.

Practical work

Look back over all the practicals you completed and make a revision card about each. In exam questions on practical work they will ask you the following:

- You need to be able to interpret graphs and tables to say what they are showing.
- You need to understand the need for control variables in an experiment to make it a fair test.
- ❖ You could be asked to write a brief method to carry out the experiment.
- You need to be able to calculate a mean and identify an anomaly (result that does not fit the pattern).
- You need to be able to identify
 - o what is being changed in an experiment the independent variable
 - what is being measured as the result of that change the dependent variable.



Year 7 BIOLOGY Examination

You will have 40 minutes to complete the examination paper. All questions should be attempted.

Make good use of your Study and Question Book and your exercise book to help you to revise. All the powerpoints from lessons and lesson notes are on Showbie.



Make use of the Topic Content Sheets you have been given; these give a good overview of the concepts you need to learn.

Cells, Tissues and Organs Study Book pages 7-15

- Know the parts of a microscope and be able to describe how to use it.
- Know the parts of a plant and animal cell and the function of each of the parts.
- Know the difference between the structure of a plant and animal cell.
- Be able to explain examples of specialised cells and describe how they are adapted for their specific function.
- Know that similar cells make up tissues, different tissues make up organs and different organs make up organ systems. Be able to recognise pictures of organ systems.

Skeletal & Muscular system

Study Book pages 32 & 33

- Know the four main jobs of the skeleton
- Describe how muscles move bones and how antagonistic muscles work in pairs
- Be able to name major bones in the body

<u>Reproduction</u>

Study book page 48 - 54 and 62 - 71

- Be able to explain what reproduction is and how this occurs in humans and flowering plants (including onset of puberty and the menstrual cycle)
- Know the main reproductive organs in humans and flowering plants and explain the reproductive systems in each.
- Describe the stages of pregnancy from fertilisation to birth.
- Know why a pregnant woman's lifestyle is important.
- Describe pollination, fertilisation and seed formation in flowering plants.
- Name and describe the different ways that seeds are dispersed.

GOOD LUCK Mrs Broadhurst

Year 7 CHEMISTRY Examination

You will have 40 minutes to complete the examination paper. All questions should be attempted.

Make good use of your Study and Question book and your exercise book to help you to revise.

What topics do I need to revise for my Chemistry exam Matter

Study book pages 7- 17, 32-37

- ❖ Describe and draw how particles are arranged in a solid, liquid and gas
- The properties of a solid, liquid and gas
- ❖ How particles change state with correct scientific names
- Describe the process of diffusion
- Describe what happens to particles during expansion and contraction
- Define a mixture
- Describe and explain the separation techniques of filtration, evaporation, chromatography and distillation.



Atoms and the Periodic table

Study book pages 19-30

- Describe and explain the structure of an atom
- Recall the properties of the sub-atomic particles; protons, neutrons and electrons
- Describe the groups and periods of the Periodic table and explain how elements are arranged in it
- Define the words atom, element, compound, mixture and molecule
- Use a periodic table to find elements and be able to use symbols as well as names
- ❖ To write word equations (no symbol equations required) with the reactants on the left hand side and the products on the right hand side of the arrow

Properties of metals Study book pages 38-44

❖ To describe the properties of metals and non-metals

Chemical reactions of metals

Study book pages 49-50 and 67-77

GOOD LUCK!
Mrs Fitzsimons

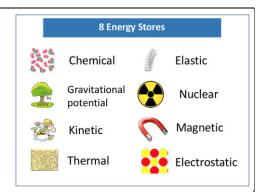
Year 7 PHYSICS Examination

You will have 40 minutes to complete the examination paper. All questions should be attempted. Make good use of your Study and Question Book, your exercise book and the material on Showbie to help you to revise. You will need to bring a **pencil**, **ruler** and **calculator** to your examination.

What do I need to revise for my Physics exam?

Energy

- Unit of energy as Joules
- Be able to convert between kilojoules and joules
- Name the 8 energy stores and be able to give an example
- Identify the 8 energy stores in everyday examples (i.e. when an apple falls from a tree)



Study book page 7

- Name the 4 energy transfers
- Give everyday examples of energy transfers

Study book page 8

- Equation for calculating efficiency
- Principle of conservation of energy

Study book pages 16 – 17 (and extension beyond study book – all resources on Showbie)

- Define renewable and non-renewable resources
- Explain how fossils fuels are formed
- Know the sun is the original source of energy for most resources
- Know an advantage and a disadvantage for each resource

Study book pages 19 - 23

- Define work done as energy transferred
- Know the units of work done are joules
- Know the equation for work done and be able to use and rearrange it

Study book pages 10 - 11

Electricity

- Circuit symbols
- Draw electrical circuits from pictures and from descriptions
- For a circuit to work it must have a power source and be a complete circuit
- Define electrical conductors and insulators and be able to identify examples of each



Study book page 87 (and extension beyond study book – resources on Showbie)

- Define current and the units of current
- Know that current is the same everywhere in a series circuit Study book page 83, 86 and 88
- Define potential difference and know that the units are volts
- Know that potential difference is shared between components in a series circuit

Study book pages 83, 86 and 88

- Define resistance and know that the units are ohms
- Know equation linking I, V and R and be able to use and rearrange it Study book page 84 (and extension beyond workbook resources on Showbie)
- Know that current splits in a parallel circuit
- Know that each branch has the same potential difference as the power supply

Study book pages 88 - 89

- Know the charge on an electron is -1.
- Know that atoms can gain and lose electrons and this can happen due to friction
- Gaining electrons leaves a surface negatively charged
- Losing electrons leaves a surface positively charged
- Know that like charges repel and opposite charges attract
- Be able to deduce the charge on a surface

Study book page 92

Good Luck! Mr O'Neill

Year 7 FRENCH Examination

Topics: Modules 1, 2 and 3 of Studio 1

General vocabulary such as greetings, numbers, days of the week and connectives. Use all the resources in your exercise book and textbook to revise:

Module 1 – describing yourself and others, likes and dislikes

Module 2 – school subjects & teachers, opinions, time and food

Module 3 – hobbies, including technology, sport and other activities

Listening, Reading, Speaking & Writing: during exam week

Speaking

In pairs, you will take part in a short role-play then answer some conversation questions in French. You will prepare a list of language that will be useful in class beforehand.

The speaking test is a vital part of an MFL Examination – it is 25% of your total marks and it requires careful preparation and revision. You may feel some nerves ahead of a Languages speaking exam, however this is perfectly normal and we aim to boost your confidence by structuring the speaking as close to the GCSE style as possible. This will build your resilience and make you more familiar with the GCSE experience, should you go on to do a Languages GCSE.

Listening & Reading

A variety of tasks eg. ticking boxes, selecting pictures or words and gap-fill on a range of topics.

Writing

One piece of short writing; one piece of longer writing. Translation of short sentences from English to French

Language to revise for writing tasks:

J'aime + je n'aime pas.... for giving opinions
Je mange + du/de la/des with foods
Jouer à + sport, faire de + activity
Talking about other people, not just yourself.
Connective and intensifiers

*The tests will be very similar to the end of module tests you have done this year.

*MORE DETAILED GUIDANCE WILL BE GIVEN BY YOUR TEACHER IN CLASS ON RESOURCES FOR YOUR OWN REVISION, VOCABULARY LISTS AND PRACTICE TASKS.

Bon courage! Monsieur Jones ©

Year 7 SPANISH Examination

Topics

You will be tested on the topics that we have done since September:

- personal information e.g. name and age
- numbers and dates
- family members
- pets
- physical description

- nationality
- personality description
- countries
- house
- sport

Language

You will be assessed on your ability to use the following language and grammar accurately:

- present tense
- adjectives and agreements
- negatives
- opinions and justifications
- frequencies
- topic vocabulary

Speaking

You will be asked a variety of questions covering the topics we have done, in the same style as the speaking exams you have done this year. To get a high mark you will need to develop your answers fully and use a variety of language and as listed above.

Listening

A variety of task types in Spanish and English e.g. ticking boxes, selecting pictures or words, gap-fill, on the above topics

Reading and Translation

A variety of task types in Spanish and English, as for the listening. You will also have to translate sentences from English to Spanish.

Writing

One piece of short writing.

Revision

As a department we advise using active revision techniques. Use ActiveLearn, Languages Online, Linguascope, Blooket, Quizlet etc. to learn vocabulary. Speaking practice, short practice translations, and peer-teaching are all excellent methods too.

Everything you need to know is in your exercise book! We have made great notes this year so use them to help you!

¡Buena suerte! 😊

Year 7 GERMAN Examination

Speaking

Topic: Free time & Family

- based on the language studied this term in Kapitel 2 & 3 of Stimmt! 1

You will answer questions on these two topics.

You will prepare a list of language that will be useful in class beforehand.

The speaking test is a vital part of an MFL Examination – it is 25% of your total marks and it requires careful preparation and revision. You may feel some nerves ahead of a Languages speaking exam, however this is perfectly normal and we aim to boost your confidence by structuring the speaking as close to the GCSE style as possible. This will build your resilience and make you more familiar with the GCSE experience, should you go on to do a Languages GCSE

Listening & Reading

A variety of task types eg. ticking boxes, selecting pictures or words, gap-fill, on a range of topics from Stimmt! 1 Kapitel 1-3

Kapitel 1 – numbers, talking about yourself, favourite things – vocab p 24 - 25

Kapitel 2 – family, pets, characteristics, colours, dates - vocab p 46-7

Kapitel 3 – sports, free time - vocab p 70

Writing

Topics: as above from Kapitel 1-3

Tasks:

- One piece of short writing
- One piece of longer writing
- Translation of short sentences from English to German

Language to revise for writing tasks:

Using der/die/das, ein/eine/ein, einen

Regular verbs in the present tense

Verbs haben, sein

Pronouns – er/sie/es

Word order

Connectives and opinions – "sehr gern/gern/nicht gern/ziemlich gern" etc

If you can write about other people and not just yourself – he/she/they – then you will achieve a higher level.

Use the Grammatik boxes to help you revise, also pages 22-23, 44-45, 68-69

You have only been learning German since September! You will be amazed at what you can do!

Please see Mr Jones if you have any queries. The tests will be very similar to the end of module tests you have done during the year.

*MORE DETAILED GUIDANCE WILL BE GIVEN IN CLASS ON RESOURCES FOR YOUR OWN
REVISION, VOCABULARY LISTS AND PRACTICE TASKS*
Viel Glück!!

Year 7 LATIN Examination

It will consist of the following sections:

- A Grammar section (multiple-choice) **15 marks**
- B Translation of 11 lines from Latin into English 25 marks
- C Short imaginative piece of writing on the cultural background 10 marks

✓ You will need to know:

- Nouns Declensions, what the nominative and accusative cases look like (singular & plural) and where they are translated in a sentence (i.e. learn your noun table!).
- Verbs what the three tenses present, imperfect and perfect – look like and how they are translated (i.e. learn your verb table!).



- Know how the verb 'to be' is translated in the present and imperfect tenses.
- The vocabulary checklists at the end of Stages 1 through to 8 inclusive.
- Revise the background information on EITHER: Houses (St. 1) and Daily Life (St.2) OR the Theatre (St. 5).

AND FINALLY...

- 1. Use the website **Book I | Cambridge Latin Course (cambridgescp.com)** to practise the grammar of your chosen stage interactively. Try revisiting some of the stories we have translated in class as revision practice too.
- 2. Use <u>CLC Book I Vocabulary Tester (cambridgescp.com)</u> to practise the vocabulary of your chosen stage(s) interactively.
- 3. CHECK you have ALL the necessary sheets and notes in your grammar and exercise books to revise from.
- 4. If you have any concerns or questions PLEASE do come and see me WELL BEFORE the day of your test.

bonam fortunam! Dr Duffy

Year 7 GEOGRAPHY Examination

The Year 7 Geography examination is **40 minutes** in length. Revision resources will be posted on Showbie.

There are **THREE** sections in the examination:

Section A - World Geography

The 7 continents and 5 oceans

Latitude and longitude (major lines of latitude)

The countries that make up the UK and their capital cities

Section B - Map Skills

Using and interpreting compass directions

Using the scale bar to interpret distances on a map

Using the key to interpret map symbols and features

4 and 6 figure grid references

Interpreting height on maps

Section C - Weather & Climate

Describing weather using descriptive language and supporting data

Elements of weather – the instrument and units used to measure each element

How clouds are formed

Why it rains and the 3 different types of rainfall (relief, frontal, convectional)

Air masses that affect the UK

Extreme weather, its impacts and responses

The difference between weather & climate

Drawing and interpreting a climate graph

World climate zones

Why climate varies across the world (latitude, prevailing wind, altitude)

The questions in the exam will vary in length from 1 mark to 4 marks. Make sure you read the question carefully and look at how many marks it is worth. This, along with the writing lines, will help you see how much you should aim to write. One-mark questions will typically require one sentence. Four-mark questions will need more detail, depth or explanation depending on the question.

Allow 5 minutes at the end of the exam to check through your answers.



Year 7 HISTORY Examination

The Year 7 History examination is **40 minutes** in length. The aim of this sheet is to provide you with information on the format of the exam as well as revision guidance. All previous lessons and useful material is on Showbie.

This year students have studied;

- The Norman Conquest
- Thomas Beckett
- King Richard and King John
- The Tudors religious rollercoaster
- The English Civil War
- The British Empire

There are **TWO** different sections in the examination

Section A. This consists of **knowledge test** which covers everything students have learnt this year. This section consists of 20 short questions which should be answered in bullet points. You should aim to spend around **10 minutes** on this section. This section is worth 20 marks.

Section B. This section consists of longer "how far do you agree" style of question on Oliver Cromwell. Students will need to know about **the rule of Oliver Cromwell.** Students should aim to spend around **30 minutes** on this question. This is a longer essay and should include an agree paragraph, a disagree paragraph and a conclusion. Remember to revise this topic thoroughly in order to give detailed answers. This question is worth 16 marks.





Year 7 RELIGIOUS STUDIES Examination

- Your Religious Studies examination is 40 minutes.
- Look carefully at the number of marks allocated for each question and use this as a guide as to how much to write. The more marks (e.g., 4 marks) the more detailed your answer needs to be.

You will be assessed on these areas of Judaism only:

- 1. The Passover Story
- 2. The Ten Commandments

The rest of what you will be examined on, you will learn after the Easter Holidays, so you do not need to worry about that. Our topic after the holidays is called Belief in Action, which is about famous religious people and some of your end year assessment will be on this topic.

After the break, we will have three/four lessons before your assessment weeks begin, so you will be assessed on what we cover in that time. Therefore, you can revise when we are back in school for homework, and during your assessment weeks ②.

Year 7 ART Examination

This year the theme for Year 7 is: **Summer**

Preparatory studies are an important part of the examination. Year 7 will develop their ideas in their sketchbooks for homework and during some lessons in school. It is important to work through the examination checklist which all girls have been issued with and which is also on their Showbie group.

All preparatory work must be brought into the examination.

The examination work may be in any materials and students will have approximately 3 hours to complete their piece.

The examination piece is worth 50% and the preparatory studies are worth 50%. All examination pieces must be produced in the Art Room. Remember that the only help allowed is from your Art teacher prior to the examination.

Good Luck!

Year 7 Computing Examination

Written examination = Examination length: 45min

The questions will mostly be one or two mark questions on the following topics:

- Using computers and iPads safely effectively and responsibly.
- ❖ This will cover the work you did on your <u>Certificate of Online Safety</u>
- Files and folders
- How and why you set up folders
- Naming your files good practice
- Managing emails
- How to sort your emails by date and sent by
- How and why you can set up out of office auto replies
- ❖ Safe use of emails
- Presentation software like PowerPoint
- ❖ How to present information on slides in the best way
- Adding transitions and animations

Year 7 MUSIC Examination

Your examination is a composition task, using skills we have explored this year on Garage Band.

You will be given a brief, which you can respond to by composing a piece of music within a time limit.

Use the guide below to access revision material about Garage Band for iPad.

- Using the keyboard
- Using the drum kit
- Using the beat sequencer
- <u>Using strings</u>
- Using bass guitar
- Using guitar
- <u>Downloading additional sounds</u>
- Building a song and using loops
- Using live loops

Year 7 Food Preparation & Nutrition Examination

Revise the following topics that we have covered this year in Food and Textiles.

1. Food Safety and Hygiene

- a. Bacteria, avoiding cross-contamination, high-risk foods, key temperatures, personal hygiene and food safety rules in the kitchen.
- b. Use of equipment for hygiene and safety, e.g. coloured chopping boards.
- c. Oven, Grill & Hob safety including avoiding slips and spillages, pan handles, using oven gloves etc.

2. Healthy Eating & Nutrition

- a. The Eat Well Guide & 8 Tips for Healthy Living guidelines
- b. How to change a recipe to make it healthier reduce fat, reduce salt, increase the vitamins and minerals.
- c. Sources and functions of fibre in the diet.
- d. Sources and functions of water in the diet. Symptoms of dehydration

3. Yeast and Bread Making

- a. How yeast works and the conditions needed for yeast to work
- b. Bread making techniques and processes kneading, proving, fermentation.

4. Processes and Equipment

- a. Weighing and measuring.
- b. Safe methods for cutting vegetables using Bridge and Claw methods.
- c. Cooking Methods such as Coating & Enrobing as used for Chicken Goujons and Dry-frying as used for making Bolognese Sauce

PLUS - Go through all the recipes that we have used this year and make sure you remember the making skills that were used to produce each dish.