



AQA GCSE Food Preparation and Nutrition

Advance Information

All information can be found using the following link;

[Advanced information June 2022 - GCSE Food Preparation and Nutrition \(8585\) \(aqa.org.uk\)](https://www.aqa.org.uk/qualifications/gcse/food-preparation-and-nutrition)

- This advance information covers Paper 1: Food Preparation and Nutrition only
- Topics not listed may appear in Section A or in other questions in Section B
- Topics have been listed in specification order, not question order
- It is not permitted to take this advance information into the examination.

The following topics will be examined and should be prioritised for revision, however please note that all other areas of the specification can still be examined. You will still be expected to draw on knowledge, skills and understanding from across the specification when responding to questions which may be applied to familiar and unfamiliar contexts.

3.2.3.1 Making informed choices

- the current guidelines for a healthy diet
- portion size and costing when meal planning
- how people's nutritional needs change and how to plan a balanced diet for different life stages
- how to plan a balanced meal for specific dietary groups
- how to maintain a healthy body weight throughout life

3.2.3.4 Diet, nutrition and health

- the relationship between diet, nutrition and health
- major diet related health risks

3.3.2.2 Carbohydrates

- Gelatinisation
- Dextrinisation
- Caramelisation



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The topic references above are drawn from Version 1.1 of the AQA GCSE Food Preparation and Nutrition specification which is available using the following link:

[GCSE Food Preparation and Nutrition Specification for first teaching in 2016 \(aqa.org.uk\)](http://aqa.org.uk)