

Key things to remember when revising:

- ✓ Revision is different for everyone. Find something that works for you.
- ✓ Revise little and often – 20 minutes a day is far better than hours in a row spent revising.
- ✓ Don't just revise the easy things – target the things you find difficult.
- ✓ Practicing writing answers is just as important as trying to remember information.
- ✓ Time yourself writing exam style answers – this will help you to not run out of time in the exam.
- ✓ You have to do something with the information – don't just read it! Make something then test yourself on the information.
- ✓ Help your friends – you may find something easy that they find difficult.
- ✓ Don't give up! You won't remember everything at first, keep working at it, eventually things will stick.

How to revise Food



Food is a subject that you will need to revise for in order to do well. You need to know:

- The key details of the topic you are being tested on. What questions you could be asked and how to do well in them.

Tried and Tested Revision Strategies

FLASH CARDS	
Useful for	Remembering information.
How it works	<ol style="list-style-type: none"> 1. Get yourself a piece of card / paper. 2. On one side write a topic heading, e.g. Healthy eating. 3. On the back – write the key facts about the topic. 4. You challenge is to remember what it written on the back when all you see is the topic heading on the front. 5. Keep testing yourself until you can remember everything.

Mind Maps	
Useful for	Organising all your information.
How it works	<ol style="list-style-type: none"> 1. Make a spider-diagram of all the key points of the topic using your notes to help you. 2. Keep studying your completed map – can you recreate it without using any of your notes?

LISTS	
Useful for	Remembering information
How it works	<ol style="list-style-type: none"> 1. Make a bullet point list of all the key information you need for a topic. 2. Study it carefully, learning what you have wrote. 3. Test yourself – can you recreate the list without looking at it? If you miss anything out, keep going over it until you don't forget it.

Quick Fire Questions	
Useful for	Remembering information.
How it works	<ol style="list-style-type: none"> 1. Make yourself a list of questions (and answers!) about the topic you are revising. 2. Get someone else to test you on your questions – see how many you can get right. Try to beat your score each time.

ONLINE RESOURCES	
Useful for	If you are worried your notes are not good enough.
How it works	<ol style="list-style-type: none"> 1. Look on websites such as BBC Bitesize or GCSE Pod. 2. Use past papers to familiarise yourself with the types of questions asked.

ASK YOUR TEACHER	
Useful for	If you really struggling with a certain topic.
How it works	<ol style="list-style-type: none"> 1. Speak to your teacher to ask if they can help you go over a topic you are finding difficult. 2. Aim to ask about something specific, e.g what is the difference between HBV and LBV proteins?

PowerPoint Presentations	
Useful for	Securing knowledge on a topic
How it works	<ol style="list-style-type: none"> 1. Make a PowerPoint on a topic you are revising. 2. Present to a friend or family member to test how confident you are on a topic.

Revision Guides	
Useful for	Communicating the main facts about a topic
How it works	<ol style="list-style-type: none"> 1. You can identify the main points and highlight them. 2. Add further notes and detail to the main points.