

Tios Study tips:

Tips for studying and exam preparation:

- ✚ Study in an area that is quiet, organised and clutter free.
- ✚ Have a comfortable chair and desk
- ✚ File your homework, especially take teachers comments on board and try to apply these suggestions next time
- ✚ Study in 40 minutes sessions, take a 5 minutes break at the end
- ✚ Remove all distractions e.g. Facebook, twitter etc- use as a reward at the end of the study session
- ✚ Highlight the keywords from the question e.g. describe etc as this will indicate the level of detail required
- ✚ Do not revise a topic in isolation. Best practice e.g. study meat, protein, fish and eggs together.
- ✚ Study & revise a topic then follow with answering a question/ worksheet to test yourself

During class tests and practicing questions:

- ✚ Read the entire question carefully
- ✚ Read – pause - do I understand what is asked - attempt.
- ✚ Stick to points when answering questions
- ✚ Highlight the keywords from the question e.g. describe etc as this will indicate the level of detail required per point
- ✚ Each bullet point should contain a separate new piece of information – do not repeat yourself
- ✚ Be concise – do not waffle!!

The exam paper: Wednesday 3rd June (2.00-4.30)

1. Timing:

Read the paper at the start= Select the questions you will answer	5 mins
Section A	25 mins
Section B Q1	40 mins
Section B Do 2 other questions	20 mins each
Chosen Elective	35 mins
End of the exam : reread	5 mins

- ✚ **Do not exceed the time limit** = leave a blank page at then end of the question if not completed...you may be able to return to answer it.
- ✚ When timing the different sections of the question – divide the marks by 2 e.g. 12 marks ÷ 2 = 6 mins

2. Section A:

- ✚ Be clear and precise with all answers
- ✚ Allocate approximately 2 mins per question

3. Question 1:

- ✚ You must refer to the information in the graph/ chart provided in order to gain maximum results
- ✚ If the question is nutritional – back up the information in the chart with exact protein, % compositions, class, function, food source, RDA etc.
- ✚ Spend 40 minutes on this question
- ✚ When deciding on the number of points needed divide by 3 or 4 linking to the key term of the question. (maybe in a bubble)

e.g. Describe.....(20) = 4 points @ 5 marks or 5 points @ 4 marks

Explain.....(16) = 4 points @ 4 marks each

Outline.....(12) = 4 points @ 3 marks or 3 points @ 4 marks

4. Elective:

- ✚ Cross out the electives you are **Not** doing
- ✚ You must answer PART (A)
- ✚ Chose either b) or c), do not do all 3 parts!

Revision plan:

Week 1:	Nutrition, Diet and Health
Week 2:	Food Commodities, the Irish food industry
Week 3:	Microbiology, Preservation and processing , Legislation
Week 4:	Household finances, Housing, Technology
Week 5:	Textiles, Consumer studies, FRM
Week 6:	Social Studies
Week 7:	Elective
Exam Week	All the hard work is done now – best of luck