

GCSE (9–1)
Student Guide

FOOD PREPARATION AND NUTRITION

J309
For first teaching in 2016

NEA – Food Preparation Task 2

Version 1



Written evidence	Headings to use in your evidence	Student Guidance	Yes	No	Needs work
<p data-bbox="98 229 275 293">Written plan 20 marks</p> 	Task- title	Have you chosen a Task?			
		Have you read the Task and identified what you have been asked to do (Think about the key words in the task and identify what you need to plan)			
	Introduction	Have you written an Introduction (Think about the key words you have identified and the following as appropriate: lifestyle, life stage, dietary group, culinary tradition)			
	Research <i>Is your research relevant to the task</i>	Have you considered the type of research you could do? (Think about: • lifestyle, life stage, dietary group, culinary tradition • Possible practical dishes)			
		Have you planned your research? (Does it clearly relate to the Task, is it clear and concise)			
		Have you carried out and completed your research?			
		Have you summarised the main points from your research? (What have you found out?)			

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	<p>Choice and selection of dishes</p> <p>Remember you need to make three complete dishes</p> <p>Reasons for choice/selection</p>	<p>Have you considered and chosen the type of dishes that you are going to be making?</p> <p>(Have you thought about choosing dishes which:</p> <ul style="list-style-type: none"> • Reflect the findings of your research • Shows a wide range of skills and techniques and cooking methods • Considers sensory and nutritional choice • Considers, food provenance (how/ where the ingredients are grown, caught and reared) • Considers seasonality • Considers cost • Can be presented to a high standard) <p>Have you chosen your dishes and given reasons for your choice?</p> <p>(Think about:</p> <ul style="list-style-type: none"> • Choice of dishes relating to the task • Identification of skills and techniques • Sensory/nutritional choice • Costs • Food provenance and seasonality) 			
	<p>Time Plan</p>  <p>Remember this must be completed before you start the practical test</p>	<p>Have you included:</p> <ul style="list-style-type: none"> • Timings for each stage of making the dish • Stages or method for making the dish • A sequence for making all three dishes (dovetailing) • Food safety and quality points 			

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Practical Test Prepare 20 marks Cook 25 marks Present 25 marks Analysis and evaluation 15 marks	Prepare	During the practical test your teacher will be assessing: <ul style="list-style-type: none"> • Personal preparation and organisation of the work area when you prepare, cook and present your dishes. • Organisation and use of your time plan • How you apply food safety principles • If you have completed the three dishes in the 3 hours 			
	Cook	During your practical test your teacher will be assessing : <ul style="list-style-type: none"> • Use of a range of skills and techniques • Use of tools and equipment • Use of the cooker 			
	Present	During your practical test your teacher will be assessing: <ul style="list-style-type: none"> • Quality of the three dishes and the presentation, styling and finish • Sensory qualities of your dishes • Portion control of your dishes 			
	Analysis and evaluation	After your practical: <ul style="list-style-type: none"> • Have you sensory tested the dishes you have made? • Have you reviewed your performance in the practical test. • Have you reviewed your dishes Have you suggested improvements or changes 			



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