

GCSE (9–1)



Student guide





FOOD PREPARATION AND NUTRITION

J309

For first teaching in 2016

NEA – Food Preparation Task 2

Written evidence	Headings to use in your evidence	Student Guidance	Yes	No	Needs work
Written plan 20 marks 	Task- title Introduction Research <i>Is your research relevant to the task</i> 	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)			
		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)			
		Have you considered the type of research you could do? (Think about: <ul style="list-style-type: none"> 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?)			

Written evidence	Headings to use in your evidence	Student Guidance	Yes	No	Needs work
  	Choice and selection of dishes Remember you need to make three complete dishes	<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 • Show a wide range of skills and techniques and cooking methods • Consider sensory and nutritional choice • Consider, food provenance (how/ where the ingredients are grown, caught and reared) • Consider seasonality • Consider cost • Can be presented to a high standard) 			
	Reasons for choice/selection	<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) 			
	Time Plan  Remember this must be completed before you start the practical test	<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 both dishes (dovetailing) • Food safety and quality points 			

Written evidence	Headings to use in your evidence	Student Guidance	Yes	No	Needs work
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 both 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 both 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 			

Summary of updates

Date	Version	Change
November 2020	2	To reduce the requirements for NEA2 to 2 dishes (rather than 3) to be completed within 3 hours (same time as before).
October 2021	2.1	To see what adaptations have been made for 2022 please ensure you have referred to the Changes for 2022 qualification web page

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