



Oxford Cambridge and RSA

**To be given to candidates on or after  
1 November 2019 for assessment in  
June 2020.**

**GCSE (9–1) Food Preparation and Nutrition**

**J309/04/05** Food Preparation Task

Non-Examination Assessment (NEA) Tasks



#### **INSTRUCTIONS**

- Choose **one** task.
- Include written evidence of your planning and of your design, execution and evaluation of the preparation, cooking and presentation of your dishes.
- Include photographic and/or visual recording evidence of your technical skills and final dishes.
- Your evidence must be your own work.

#### **INFORMATION**

- The total mark is **105**.
- This document has **2** pages.

Do **not** change the tasks.

Choose **one** task.

**EITHER**

**1** Being intolerant to gluten can affect your health.

Plan, prepare, cook and present three dishes which demonstrate how recipes can be adapted for someone who is gluten intolerant.

Analyse and evaluate your work.

**OR**

**2** We have been advised to increase the amount of fibre we have in our diet.

Plan, prepare, cook and present three dishes which demonstrate how fibre can be increased.

Analyse and evaluate your work.



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