



Oxford Cambridge and RSA

**To be given to candidates on or after
1 September 2020 for assessment in
June 2021.**

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** Vegetarian cuisine or eating meat-free dishes is becoming more popular.

Plan, prepare, cook and present two dishes which demonstrate how meat-free dishes can be incorporated into the diet to ensure that all essential nutrients are provided.

Analyse and evaluate your work.

OR

- 2** Preparing meals entirely by hand can be time consuming.

Plan, prepare, cook and present two dishes which demonstrate how using labour saving devices can save time in the kitchen.

Analyse and evaluate your work.

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