



Oxford Cambridge and RSA

**To be given to candidates on or after
1 September 2021 for assessment in
June 2022.**

GCSE (9–1) Food Preparation and Nutrition

J309/04,05 Food Preparation Task

Non-Examined Assessment (NEA) Tasks



INSTRUCTIONS

- Choose **one** task.
- Include written evidence of your planning and of your execution, analysis 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 Teenagers require a diet rich in calcium for good bone health throughout their lives.

Plan, prepare, cook and present two dishes which demonstrate how the amount of calcium in a teenager's diet can be increased.

Analyse and evaluate your work.

OR

2 Potatoes are useful vegetables.

Plan, prepare, cook and present two dishes which demonstrate how potatoes can be used to provide nutritious dishes.

Analyse and evaluate your work.

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