



Oxford Cambridge and RSA

**To be given to candidates on or after
1 November 2023 for assessment in
June 2024.**

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 photos and/or filmed 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 Eggs are an important ingredient in food preparation.

Plan, prepare, cook and present three dishes which demonstrate the different ways eggs can be used in dishes.

Analyse and evaluate your work.

OR

2 Many people suffer from a lack of iron in their diet.

Plan, prepare, cook and present three dishes that are good sources of iron.

Analyse and evaluate your work.

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