

Year 11 : Food Preparation and nutrition– NEA task 2 Food Preparation Task

Completion date: 1st March 2021

35% of final grade. 70 Marks. 1,500-2,000 Words.

Choice of titles released by the exam board in November

You will learn about:

Through this task you will develop knowledge, skills and understanding of the planning, preparation, cooking and presentation of food, applying knowledge of nutrition related to the chosen task.

You will prepare, cook and present a final menu of three dishes within a single period of no more than three hours, planning in advance how this will be achieved.

Section A Research (6marks)

Section B Demonstrating Technical Skills (18marks)

Section C Planning for the Final Menu (8marks)

Section D Making Final Dishes (30marks)

Section E Analysis and Evaluation (8marks)

You will:

- Identify and explore factors affecting food choice that are relevant to the task.
- Research and apply skills in Multi-Cultural Cuisine and Fusion Cookery
- Develop skills in the effective planning of recipes
- Develop and apply high level making skills linked to your chosen brief

You will know and understand:

- How to analyse a task
- Where to find relevant research
- How to effectively analyse and display your research
- How to effectively plan, cost and prepare your own recipes
- How to analyse and critically evaluate dishes
- How to accurately analyse nutritional content of recipes

<p>Lesson Overview:</p> <ol style="list-style-type: none"> 1. Introduction to the task. Structure and assessment. Starting related research 2. Research 3. Research 4. Research 5. Demonstrating Skills Practical 6. Demonstrating Skills Practical 7. Skills Write Up and Evaluation 8. Demonstrating Skills Practical 9. Demonstrating Skills Practical 10. Skills Write up and Evaluation 11. Research and Analysis of Dishes. Understanding effective planning. 12. Reasons for Choice- Exam Dishes 13. Time Plan 14. Time Plan 15. Practical Exam 16. Practical Exam 17. Nutritional Analysis 18. Costing 19. Analysis and evaluation 20. Analysis and evaluation 	<p>Key Words:</p> <p>Equipment Cuisine Fusion Specialist Requirement Nutrition Sensory Preparation Techniques Analysis Research Conclusion</p>
<p>Suggested reading or support available:</p> <p>See important resources, feedback and information about lessons in your Showbie Class folder.</p> <p>https://www.greatbritishchefs.com/</p> <p>http://www.foodafactoflife.org.uk/site.aspx?siteId=19&t=3</p> <p>https://www.bbcgoodfood.com/</p> <p>https://www.bbc.com/food/techniques</p> <p>https://www.vegsoc.org/</p> <p>https://www.bbc.com/bitesize/subjects/zb8jnp3</p> <p>www.technologystudent.com</p> <p>Illuminate publishing-AQA Food preparation and nutrition</p> <p>Hodder Education-Food prep and nutrition</p>	<p>Cross curricular:</p> <p>Science: Functions of ingredients within recipes. Nutritional analysis. External effects on a reaction during preparation and cooking.</p> <p>P.E: In many investigations, the nutritional values of ingredients and recipes will need to be analysed and compared.</p> <p>SMSC: Independent work requiring resilience and the ability to be self reflective throughout the task.</p> <p>Literacy: Writing to justify. Descriptive writing when evaluating a practical experiment.</p> <p>Numeracy: Analysis of experiment results, including measurements and rates of reactions. Measurements, timings and temperatures of all recipes.</p>