

# NEA2: Plan, Prepare, Cook and Present a Range of Dishes: Week 2

## Section A: More Research - this week nutrition.

Look at the government guide lines below and explain what is a healthy diet and why we should all have one *(in this way you are showing your knowledge of nutrition)*



Typical values	Women	Men	Children (5-10 years)
Calories	2,000 kcal	2,500 kcal	1,800 kcal
Protein	45 g	55 g	24 g
Carbohydrate	230 g	300g	220 g
Sugars	90 g	120 g	85 g
Fat	70 g	95 g	70 g
Saturates	20 g	30 g	20 g
Fibre	24 g	24 g	15 g
Salt	6 g	6 g	4 g

To have a healthy diet you should .....

**On the next page ..... Research nutrition for the task you have chosen.**

For example if you chose the **vegetarian task** you could write from your own knowledge about what a vegetarian eats compared to a vegan, and about protein complementing, research sources of protein, compare meat protein sources to vegetable sources for protein value, interview a vegetarian as to why they have made that ethical choice.

If you chose the **Afternoon Tea task** you could explain what you know of the dangers of too much fat and sugar in the diet and health issues related to this. You could research alternatives to processed sugars and unsaturated fats.

If you chose the **Mediterranean task** you could research what the 'Mediterranean diet' is, research why it is a popular healthy diet, you could research herbs, fish and olive oil and explain the health benefits of these ingredients.

**References:** books/textbooks/internet sites/web pages addresses you have used/quoted from you have used.

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A large, empty rectangular box with a thin black border, occupying most of the page. It is intended for students to write their plans, recipes, or reflections for the week's project.

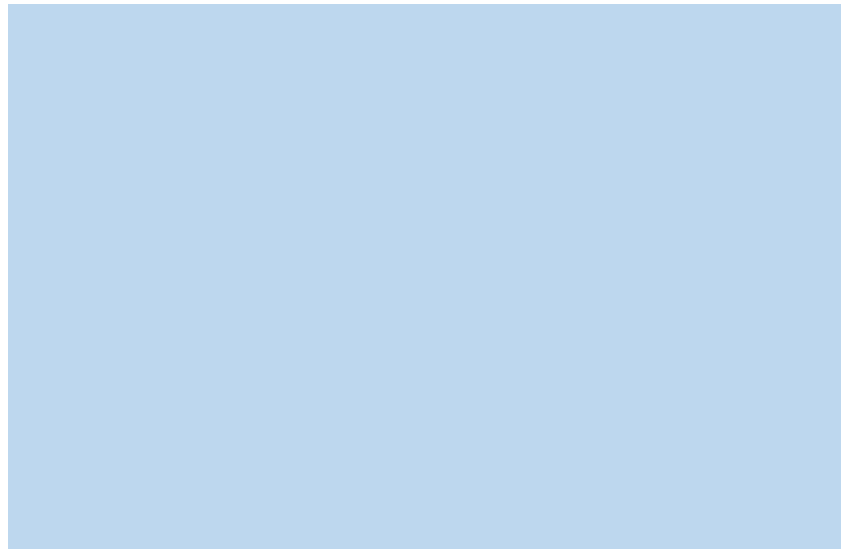
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## Section B: demonstrating technical skills (dish 2)

Chose a dish to make that fits in with the task you have chosen.

The dish I have chosen is..... I have chosen  
it because.....  
.....

Make the dish and add a photo here:



Sensory Testing (*you could also use a star chart*)

Appearance	
Texture	
Taste	
Aroma	

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Dish2. The skills I used in this dish are...

.....

.....

.....

Dish2. WWW.....

Dish2. EBI.....

Dish 2. Thinking about the eat well guide, I think the nutrition of this dish is good/bad/could be better (circle your choice)

Because.....