

## NEA2: Plan, Prepare, Cook and Present a Range of Dishes: Week 1

In year 11 there are two NEA's (Controlled Assessments) these make up 50% of your overall GCSE marks

Plan, *Prepare, Cook and Present* is the large of the 2 projects (35%) and focuses on demonstrating technical skills, many of the marks are for demonstrating a broad range of high level skills

There are 5 sections to this Mock NEA, which will let you practice all the skills needed for the real one in Year 11

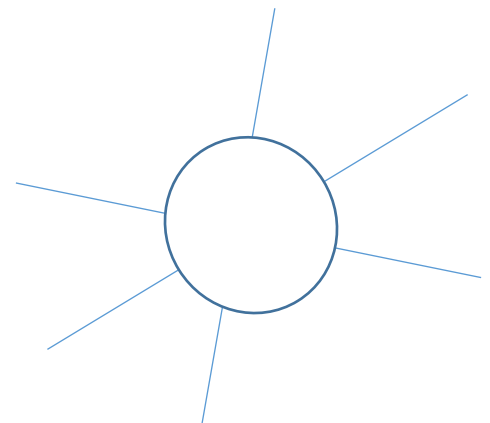
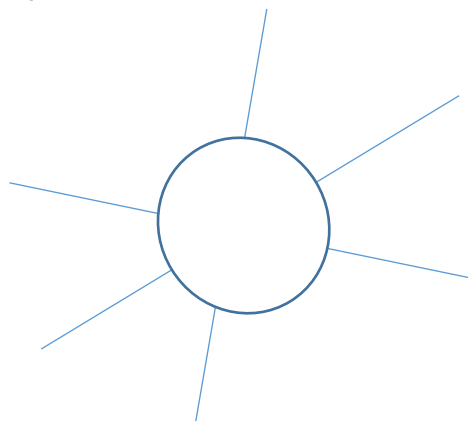
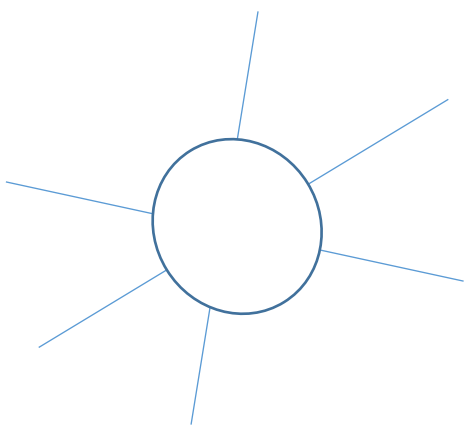
**This week: Section A – Research and Section B: Demonstrating Technical Skills**

**1<sup>st</sup> of all chose one of these three topics:**

**Sample tasks: choose 1**

- 1. Plan, prepare, cook and present a range of dishes which would be suitable for vegetarians.**
- 2. Plan, prepare, cook and present a range of dishes which could be served at an Afternoon Tea event.**
- 3. Plan, prepare, cook and present a range of dishes from the Mediterranean culinary tradition.**

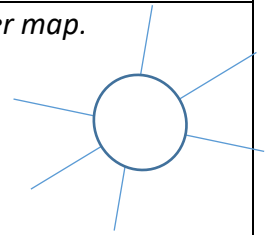
*Have a think about them before you decide. You could use the mind maps below to explore which one you would get the most out of.*



## Section A: Research

**Introduction :** *Begin with quoting the task you have chosen then introduce your investigation by telling the reader Why you have chosen the task, what interest you, or skills you would like to develop*

**Task Analysis:** *Think about what you need to research. This could be a list or a mind /spider map.*



**Ideas for a mind map:**  
key words and command words explained,  
Ingredients and flavours, Influence of cultural  
foods or ingredients special occasions eg social/  
religious events, nutrition, Ethics of food  
production - environmental impact

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

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Carry out your research into the areas identified in your task analysis. For more marks use a 'a range of research methods' eg previous knowledge (what you know already) + internet sites + recipe books + your school text book + an interview with someone.

### My knowledge

What do I already know about this from my own experience or what I have learned in school so far?

### Primary Research

interviews/surveys/question air  
Facebook/snap chat poll

### Secondary Research

Recipe / travel/history/ Text Books  
Magazines/Internet

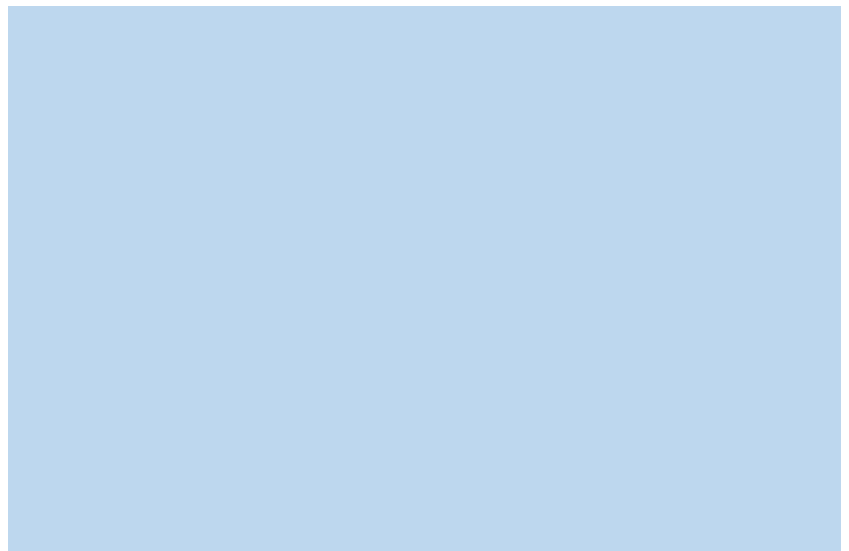
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## Section B: demonstrating technical skills

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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The skills I used in this dish are...

.....  
.....  
.....

WWW.....

EBI.....

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

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