

FOOD PREPARATION AND NUTRITION

GCSE INDUCTION

SUMMER TERM

THE CULINARY TRADITIONS OF THE MEDITERRANEAN

Food Preparation and Nutrition

The GCSE Food Preparation and Nutrition course has two coursework elements which are carried out in Year 11. The work you will complete over the next 7 weeks is based on the Food Preparation unit and covers a range of information, knowledge and skills that will be required for this piece of coursework and throughout the GCSE course.

The Mediterranean countries have a very wide and varied range of foods which are often simple but healthy. The countries included are on the map below and include European, Middle Eastern and North African countries.



Make a list of all the countries that are included in the Mediterranean area.

Over the next few weeks we will be investigating and cooking foods from the Mediterranean. Your brief is below.

Plan, prepare, cook and present a range of dishes, using a variety of skills from the Mediterranean culinary tradition. Present three final dishes

Lesson one - Task Analysis

Underline or highlight the key words in the brief

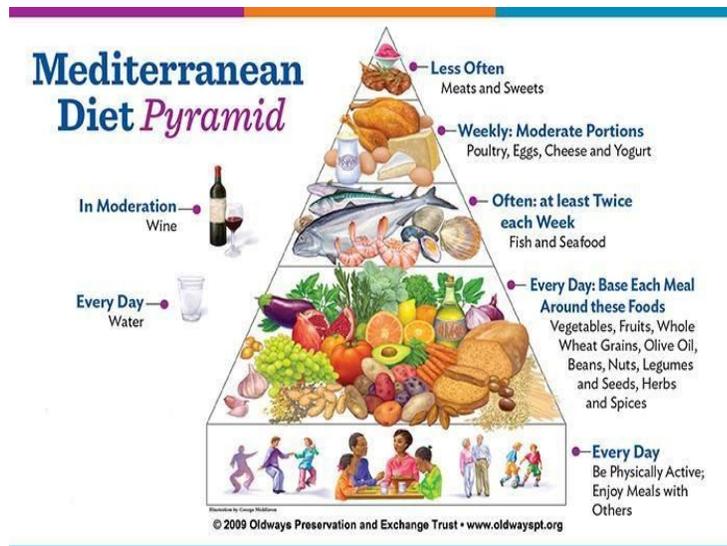
What is the task asking you to do?

Make a list of things you need to find out

Lesson 2 Research

Choose one Mediterranean country and investigate/research the following topics. Each question should be answered in **paragraphs**

1. What are the traditional foods / ingredients/ recipes for the Mediterranean country you have chosen?
2. Why is the Mediterranean diet considered to be very healthy? – research the nutritional value of the Mediterranean diet
3. Investigate different cooking methods/ techniques for the country you have chosen



Lesson 3 - Possible Dishes

Produce a collage of dishes with the name of the dish and 2 reasons why you like the idea. You will need at least 8 possible dishes. It is easier to do this on google slides as you can move the pictures and text boxes more easily. They can be savoury or sweet, main meal or a snack. BBC GoodFood is a great place to get recipes, you can enter your country's name into the search bar.



Stuffed peppers are a good choice because they are colourful, The peppers contribute to our fruit and vegetable intake and contain lots of vitamins especially vitamin A, the filling has couscous which gives starch for slow release energy.

Pick the 3 dishes that you would like to make and put the ingredients list and methods in the boxes below

Name of dish	Ingredients needed	Method	Reasons for choice
Dish 1			
Dish 2			
Dish 3			

Give the recipes to whoever does the shopping at home as you will be cooking one a week from next week

Lesson 4 - Analysis of Research

You must analyse/ summarise the information you have found in your research.

You should:

- Draw at least 5 conclusions that will help you to make decisions about the dishes you choose
e.g. *' I have found out that people in the Mediterranean include lots of plant based foods in their diet, this is very healthy because it is low in fat especially saturated fat and high in fibre, vitamins and minerals so when I choose my dishes I will remember to include fruit and vegetables.'*

OR 'Meat is eaten very little in the Mediterranean tradition, it is often used as a flavouring in small amounts 2 or 3 times a month instead fish and poultry is used which again has much less saturated fat so when I cook my dishes I will use more fish and chicken than red meat'

☐ Your analysis should cover

- ✓ Which foods are eaten in the Mediterranean country you have chosen?
- ✓ Why are these foods healthy? How could you change recipes to make them healthier?
- ✓ Which foods would be most popular?
- ✓ What cooking methods are used in the country you have chosen?

Lesson 5 - Practical 1

Carry out one of the recipes that you have chosen and take a photo of it when it is finished. Also ask your family to try it and give you feedback on what they liked and how you could improve it.

Use the table to record the information

person	Taste	Texture	Appearance	Aroma
1				
2				
3				
4				

Lesson 6 - Evaluation of Dish 1

Place a photo here

What skills does this dish show? E.g. knife skills - chopping, slicing, dicing, making pastry - rubbing in, rolling out, shaping.

Use your sensory evaluation table from lesson 5 to explain what your family thought of your dish.

What were the good and weaker points of the dish?

What skills have you used and how well did you carry them out?

How would you improve your dish?

- a) To improve the taste, texture, aroma and appearance
- b) To make it more nutritious
- c) To make it healthier
- d) To improve the way you made the dish

Lesson 7 - Practical 2

Carry out one of the recipes that you have chosen and take a photo of it when it is finished. Also ask your family to try it and give you feedback on what they liked and how you could improve it.

Use the table to record the information

person	Taste	Texture	Appearance	Aroma
1				

2				
3				
4				

Lesson 8 - Evaluation of Dish 2

Place a photo here

What skills does this dish show? E.g. knife skills - chopping, slicing, dicing, making pastry - rubbing in, rolling out, shaping.

Use your sensory evaluation table from lesson 7 to explain what your family thought of your dish.

What were the good and weaker points of the dish?

What skills have you used and how well did you carry them out?

How would you improve your dish?

- a) To improve the taste, texture, aroma and appearance
- b) To make it more nutritious
- c) To make it healthier
- d) To improve the way you made the dish

Lesson 9 - Practical 3

Carry out one of the recipes that you have chosen and take a photo of it when it is finished. Also ask your family to try it and give you feedback on what they liked and how you could improve it.

Use the table to record the information

person	Taste	Texture	Appearance	Aroma
1				
2				
3				
4				

Lesson 10 - Evaluation of Dish 3

Place a photo here

What skills does this dish show? E.g. knife skills - chopping, slicing, dicing, making pastry - rubbing in, rolling out, shaping.

Use your sensory evaluation table from lesson 9 to explain what your family thought of your dish.

What were the good and weaker points of the dish?

What skills have you used and how well did you carry them out?

How would you improve your dish?

- a) To improve the taste, texture, aroma and appearance
- b) To make it more nutritious
- c) To make it healthier
- d) To improve the way you made the dish

Lesson 11 - Choice of Final Dish and Time Plan

In a paragraph explain which was your most successful dish. Give reasons why you think it was the most successful and compare the 3 dishes.

You will be making one of your dishes again to show how you can improve both the dish and the way you prepared and cooked it. This could be the least successful dish or the most successful.

Which dish have you chosen to make again?

Explain why you have chosen to make this dish again.

Explain what improvements you will make to the dish

Time plan

Produce a time plan to show how you will organise your time and cooking methods. Remember to show what changes you have made to improve from when you made it previously.

Times e.g. 11.00	Method	Hygiene and safety points, points to make sure it is a good quality dish
	Preparation tasks...	

Lesson 12 - Final Dish Practical

Using your time plan carry out your final dish. Remember to take a photograph and ask your family to give you feedback

Person	Taste	Texture	Appearance	Aroma
1				
2				
3				
4				

Lesson 13 - Nutritional Analysis of Chosen Dish

Click on the link below

<https://www.foodafactoflife.org.uk/11-14-years/nutritional-analysis/#recipe>

To access *Explore food*, [click here](#).

Click on calculate a recipe

Add the name of your dish

Add ingredients - it will give you types of ingredients which you can click on

Add the weight of the ingredient in grams

Click on 'new ingredient' and add all the ingredients for your dish. You might need to find an ingredient which is close to your ingredient if it does not have the exact ingredient

e.g. salami instead of pepperoni

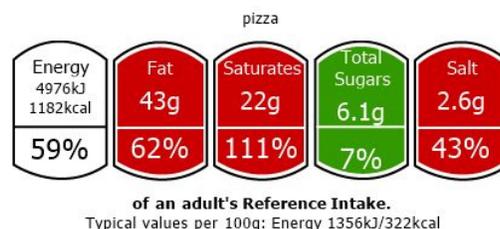
Click on view summary

Click create label

Add a title for your dish

Right click to copy and paste below the example of a pizza analysis

Paste your label here



Conclusion

What percentage of your daily intake of energy does your dish provide?

The label is colour coded red for unhealthy, amber for OK and green for healthy. Which nutrients are unhealthy? Give the percentage of daily intake.

How could you change the recipe to make this healthier?

Which nutrients are OK? Give the percentage of daily intake.

Which nutrients are healthy? Give the percentage of daily intake. Bearing in mind that this dish would be part of a meal what would you serve with it?

Lesson 14 - Costing Your Recipe and Final Evaluation

You will need your recipe and the amount of each ingredient in the packet when you bought it and the cost of the food when you bought it. You can look these up on a supermarket website

Click on the link below

<https://www.foodafactoflife.org.uk/14-16-years/cooking/cooking/#costing>

Click on the box at the bottom 'costing a recipe' and follow the instructions

When you have finished copy and paste your table below

Conclusions

What was the total cost of your dish?

Divide the total cost by the number of portions to give the price per portion.

How does this cost compare to a bought ready meal of a similar dish?

Which ingredients were most expensive?

How could you change the ingredients to make it cheaper?

Overall Evaluation of final dish

1. How well did you follow your time plan?
2. Did you have any problems during the practical? If so, how did you overcome your problems?
3. What did you do well during the practical?
4. How did your improvements to the recipe make it better?
5. Is there anything you could do to improve the recipe further?
6. What did your family think of your dish?
7. How suitable is your dish for your family?