

Year 10

Lesson 3 - 21.05.18

Go to Student Shared – Food Technology – Food and Nutrition – Year 10 2.17.18 – Year 10 Exam – NEA 2

- **Task 1 – 25 minutes**

Using the computer research Mediterranean Food and Asian Foods
What are traditional dishes from these areas.

What ingredients are traditional to the countries in these regions.

Collect images for this section as well.

Mediterranean Food – France, Italy, Spain, Portugal, Greece



Asian Food -

Pakistan,

Bangladesh and

India



Your choice of dishes:

You must joint a chicken OR fillet a fish and then use this food in at least one of the dishes below:

- Make a soup of your choice and a bread roll.
-

- Chicken risotto

OR

- Chicken curry with flavoured rice

OR

- Stir Fry with rice
-

- Fish goujons with mayonnaise

OR

- Fish curry with flavoured rice

OR

- Fish Pie with mash on top

Then choose one from:

- Fresh fruit tartlet
- optional ice cream for extension students

OR

- Fresh fruit pavlova



Task 2 – Soup – 10 minutes

Find a soup recipe that you would like to make for the mock exam.

Look at the soup included in the pack in this folder or find another that you would prefer to make

Take down the recipe and the method

Task 3 – Bread Roll – 10 Minutes

Collect some images of bread rolls that you could use in the mock – to shape and garnish your bread.

Choose the main course and Dessert you are going to make – **to the end of the lesson.**
SAVE EVERYTHING IN NEA2 FOLDER

Collect the recipes and methods in a folder and start to make the shopping list.

Shopping List

Butcher:

All raw meat

Green grocer:

All fresh fruit
and vegetables

Fresh herbs

Grocer:

All tinned, dried and frozen
food

All dairy foods

All cooked meats

Fishmonger:

Fresh white fish

Fresh oily fish

Fresh shellfish

Equipment List:

Everything you will use to produce your dishes for example:

- All items from the cupboards and drawers - mixing bowls, measuring jugs, wooden spoons etc.
- Any large pieces of equipment you need such as electric hand whisk or Kenwood machines, processors or blenders.
- All cutlery you need to produce the food and taste it as you go to ensure it is well flavoured and seasoned.
- All cloths.

Time plan - must be dovetailed

Time	Action	Hygiene and Safety and Special Points
0	How you prepare yourself for a practical session - hair up, jewellery off, apron, sleeves up, wash hands, wipe table, get ingredients onto a white tray.	Finish table with anti bacterial spray.
5	Mise en place - "everything in place". Detail all weights, knife cuts, lining cake tins, setting oven temperature. Use a different colour for each dish E.g. Spicy Carrot and Lentil Soup Wash, peel and grate 6 carrots. Peel and dice onion	Temperature Times

Time	Action	Hygiene and Safety and Special Points
5	<p>Fresh Fruit Pavlova</p> <p>Separate 4 eggs</p> <p>Wash fruit</p> <p>Weigh 250g caster sugar</p> <p>Measure 1tsp cornflour</p> <p>Measure 1 tsp vanilla extract</p> <p>Put oven on to 150°C</p> <p>Line baking tray with parchment</p> <p>Measure cream</p>	<p>Return cream to fridge till needed.</p>

Top tips

- ✓ Start with the dish that takes the longest to complete - making ice cream, meringue, bread or pastry is usually a good starting point.
- ✓ Start your oven off on the lowest temperature as it is easier to heat it up than cool it down. Again, this would be the meringue.
- ✓ All dishes must be completed in 3 hours or 180 minutes. Don't panic if it is 3 or 4 pages. It must be detailed enough for you to follow it.
- ✓ Ensure you put into your time plan how you are going to serve each dish - garnish, hot or cold plate?
- ✓ Serve each dish as soon as it is complete - don't aim to serve all three at once.