Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Group:\_\_\_\_\_\_\_\_\_\_

NEA 2 MOCK PROJECT CHECKLIST

**Title:** A dietician wants you to research, plan and cook three dishes (with accompaniments if appropriate) of your choice which showcase your cooking skills and designed for the nutritional needs of a particular life stage (e.g. toddlers, children 5 +, teenagers, pregnant women , the elderly etc. ) You will need to be able to explain how they are suitable for the life stage target group you have chosen.

70 marks maximum, broken down as:

* **a) Investigate and plan the task - 15 marks**
* **b) Prepare, cook and present a menu of three dishes within a single lesson s- 45 marks**
* **c) Evaluate the selection, preparation, cooking and presentation of the three dishes – 10 marks**

Your task is research / trial recipes and then produce a final menu of **three dishes with accompaniments in three hours**. The **more complex the skill, the higher the marks** you will gain in the practical assessment.

**Deadline: 7th September 2020**

**Structuring your project:**

* Create document and save into your local file titled “NEA 2 - your name”.
* At the top of the document add your full name
* At the bottom add in page numbers
* Insert a front page: **Title, name, candidate number, centre number, hand in date: 7th September 2020**

Tick off the list as you complete it:

**Research**

* Introduction: Analysis of task - key words
* Mind-map of what you will do
* Research on brief x2- e.g. dietary group research page– customer profile or questionnaire / comparison of different types of suitable high skills dishes etc.
* Plan of Action: What research? How and why to carry it out?
* Results and Analysis of Research: What have you learnt?
* Product Specification reflecting research, brief and personal cooking strengths, with mostly high skilled dishes.

e.g for an elderly person my final three dishes should be low in saturated fat / be smaller portions/ high in calcium

Trial Dishes: Technical Skills Demonstration

* Cooked 2 suitable dishes to demonstrate technical skills **Dish 1:**
* Name of Recipe and what’s in it?
* Reasons for choice: Good/Bad Will you keep or ditch? Why?

*See list under final menu for areas to talk about*

* High quality skills, independence and accuracy shown
* Equipment - selection of appropriate equipment
* Sensory Testing
* If keeping, have you explained what changes are needed next time?

**Dish 2:**

* Name of Recipe and what’s in it?
* Reasons for choice: Good/Bad Will you keep or ditch? Why?

*See list under final menu for areas to talk about*

* High quality skills, independence and accuracy shown
* Equipment - selection of appropriate equipment
* Sensory Testing
* If keeping, have you explained what changes are needed next time?

**Planning final menu**

* *Justification of appropriateness of final 3 dishes*:
  + Technical Skills – High skill? Use of specialist equipment?
  + Nutrition- suitable for target group/ healthy?
  + Ingredients – why suitable? Are any high risk – issues?
  + Cooking methods- considered healthier ones?
  + Portion size – can they be served as an individual portion?
  + Food provenance -Uses local/ seasonal ingredients?
  + Sensory properties and presentation considered
* Detailed,list of appropriate techniques used for each dish.
* **Ingredients, equipment list and time plan - accurate timings, refer to food safety, relevant/accurate/ colour coded / dovetailing tasks from different dishes throughout.**

**Final 3 dishes Practical -**

* Photos of key skills / stages (optional) and final dishes

**Analysis and Evaluation –**

* Nutritional Analysis - fully explained - conclusions and recommendations ( using ‘EXPLORE’ *optional*)
* Sensory testing – star profiles and summary for each dish plus detailed analysis and evaluation
* *Optional*: Comparison to friend’s work: positive points about their three dishes compared to yours. *I like the way they did….. . My \_\_\_\_\_ could have done with more colour. This could have been improved by adding a garnish like \_\_\_\_\_\_\_\_\_ did with their\_\_\_\_.*
* Detailed, relevant and creative improvements given.

Your project **should** include: