

## Topic 1 – Food Safety

Read the topic guide on ‘food safety’, watch the video and follow the links:

Food Safety Video:

[https://www.youtube.com/watch?v=flxmB8NKMzE&list=PLXVI8Mt9AJ\\_qII4FVE41vterGuB87YZT1&index=7](https://www.youtube.com/watch?v=flxmB8NKMzE&list=PLXVI8Mt9AJ_qII4FVE41vterGuB87YZT1&index=7)

Food Standards Agency: <https://www.food.gov.uk/food-safety>

British Nutrition Foundation: <https://www.foodfactoflife.org.uk/14-16-years/cooking/food-safety/>

BBC Bitesize: <https://www.bbc.co.uk/bitesize/guides/z77v3k7/revision/1>

1. Mind map what you remember about food poisoning and food safety from KS3 (any key temperatures)
2. Write a report on:
  - The 5 main harmful bacteria (pathogens) causing food poisoning
  - How the 4Cs can prevent food poisoning
  - Why some meats can be eaten rare and others can't
  - The difference between ‘use by’ and ‘best before’ dates

*[Your report should be typed up in 12pt in Microsoft Word. You should include a main title and subtitles. Start with an introduction to explain what the report is about. Add photographs or graphs to add interest. Include all the content asked for. Finish with a bibliography which includes the details of the resources you've used to compile the report]*

3. Write a report on the food safety principles when **buying, storing, preparing, cooking and reheating food**.

*[Consider: Useful headings and subheadings. Where you can research the topic (see websites listed). The use of relevant images. Incorporating the following key words: danger-zone, high-risk foods, ambient, perishable, chilling, defrosting, best-before, use-by, personal hygiene, cross-contamination, temperature control, temperature probes, cold-spots. A bibliography]*

## Topic 2 – British Cuisine

Read the topic guide on ‘British Cuisine’ and prepare for your NEA2 mock:

**Plan, prepare, cook and present a range of dishes that are based on traditional British cuisine. Present three dishes.**

1. Carry out additional research and write it up using subheadings and pictures – it should be 2-3 sides of A4 and can include primary research eg asking friends and family about their favourite British foods and displaying the results as bar charts etc.

<https://yougov.co.uk/topics/food/articles-reports/2019/06/11/classic-british-cuisine-ranked-britons>

<http://www.lovebritishfood.co.uk/>


2. Research 8-10 recipes that fit with the British Cuisine brief (you will be making 3 of these in a three hour practical in July). Use the template below.

<https://www.bbcgoodfood.com/recipes/collection/british>

<https://www.jamieoliver.com/recipes/category/world/british/>

<https://www.bbcgoodfood.com/recipes/collection/british>

<https://www.jamieoliver.com/recipes/category/world/british/>

Name of Dish	How it meets the brief	Skills
Eg Shepherds' Pie 	Uses British minced lamb and locally produced potatoes and carrot. Is a traditionally British dish with a gravy sauce	S8 sauce making S2 vegetable preparation S1 piping mashed potato