

Food and Nutrition – CLCC Sixth Form

Each practical activity is worth 10 points and the written tasks are 20 points each

Written Tasks

A: Research The Eatwell guide and answer the following questions

1. What are the sections?
2. Why is it used?
3. Who can benefit from the guidance?
4. How useful is it in terms of diet choices?

B: Research and create a glossary of these skills

	Advanced techniques Preparation skills		Advanced techniques in cooking skills		Presentation skills
1	Turning	13	boiling	26	Piping
2	Shaping	14	Poaching	27	Carving
3	Carving	15	Stewing	28	Shaping
4	Larding	16	Braising	29	Moulding
5	Boning meat	17	Steaming	30	Glazing
6	Tenderising	18	Baking	31	Rolling
7	Blending	19	Roasting	32	Cutting
8	Mincing	20	Tandoori cooking	33	Sugar work
9	Enriching	21	grilling	34	Couverture
10	Separating	22	Frying		
11	Fish filleting	23	Paper bag		
12	Moulding	24	Microwave		
		25	Pot roasting		

Practical Section

Having the ability to make different products, use different ingredients and methods of making are key elements. Below is a list of products that you could practice.

1. Tick off all products you can make with confidence
2. Mark the products you are less confident with or have not made
3. Over the transition period practise/remake the products from point 2.

Savoury

Portioning chicken - Caesar salad, chicken pie, curry, chicken kiev		
Cooking meat/potato topping/layering - Cottage/Shepherd's pie/Moussaka		
Filleted fish/shaping moulding - fish cakes, fish pie		
Fresh pasta - Lasagne/Ravioli		
Rough puff pastry - Sausage rolls/savoury plait		
Choux pastry - Savoury choux bun		
Savoury roulade		
Shortcrust pastry - Traditional Cornish pasties, quiche		

Sweet

Shortcrust pastry making/layering/jam - Apple frangipane tart, Bakewell tart,		
Shortcrust pastry/meringues – lemon meringue pie		
Shortcrust pastry custards/curd – Lemon tart, custard tart		
Biscuit recipes - Brandy snap baskets and filling, millionaire shortbread, tuille biscuits		
Whisking method – Swissroll , roulade		
Choux pastry – profiteroles, eclairs		
Rough puff pastry – tarte tatin, fruit tarts with crème patisserie, Jalousie (lattice pastry)		
Meringues – pavlova with a fruit coulis,		
Mousse – gelatine		
Trifle – jelly (with gelatine), whisked sponge, homemade custard		
Decorated cake e.g. ganache/filling/chocolate curls		
Decorated - piping, fruit, coulis		

Bread/dough

Bread plait/enriched dough: flavoured, using a handmade dough/shaping.		
Sweet bread dough - Chelsea bun: shaping and glazing.		
Continental breads – naan, baguette, focaccia, ciabatta		

Burgers

Bean burger with homemade bread bun: bread making, forming and shaping and own made mayonnaise.		
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Sauces

Infused velouté sauce: using the roux method.		
Mayonnaise/Hollandaise sauce: made in a blender or by hand.		
Salad dressing – vinaigrette		
Blended sauce – gravy, stir-fry sauce, lemon curd (lemon meringue pie)		

Soup

Chunky (higher skill), blended – vegetable or meat/fish based, pasta		
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