**Eduqas GCSE Food Preparation and Nutrition Practical Review**

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| Personal Performance Review |
| What did you make? |
| Explain your performance (time/organisation/making) |
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| Strengths |
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| Weaknesses |
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| Possible improvements |
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| What client Group would this dish suit?  What nutrients are in the dish? | | Taste  Texture  Aroma  Appearance  A graph of a function  Description automatically generated | |
| Preparation techniques (circle or highlighter) | | | |
| blending\* beating\* grating\* hydrating\* juicing\* marinating\* mashing\* melting\* proving\* shredding\* sieving\* tenderising\* zesting\*  creaming\*\* dehydrating\*\* folding\*\* kneading\*\* measuring\*\* mixing\*\*  puréeing\*\* rub-in\*\* rolling \*\* skinning\*\* toasting(nuts/seeds) \*\* weighing\*\*  crimping\*\*\* laminating (pastry)\*\*\* melting using bain-marie\*\*\* piping\*\*\* shaping\*\*\* unmoulding\*\*\* whisking(aeration)\*\*\* | | | |
| Knife skills (circle or highlighter) | | | |
| chopping\* peeling\* trimming\*  bâton\*\* chiffonade\*\* dicing\*\* slicing\*\* deseeding\*\* spatchcock\*\*  brunoise\*\*\* julienne\*\*\* mincing\*\*\* deboning\*\*\* filleting\*\*\* segmenting\*\*\* | | | |
| Cooking Techniques (circle or highlighter) | | | |
| basting\* boiling\* chilling\* cooling\* dehydrating\* freezing\* skimming\* toasting\*  baking\*\* blanching\*\* braising\*\* griddling\*\* deglazing\*\* frying\*\*griddling\*\* pickling\*\* reduction\*\* roasting\*\* sautéing\*\* steaming\*\* water-bath (sous-vide) \*\* stir-frying\*\* setting\*\*  baking blind\*\*\* caramelising\*\*\* deep fat frying\*\*\* emulsifying\*\*\* poaching\*\*\* tempering\*\*\* | | | |
| Overall Skill level dish: | Basic | Medium | Complex |