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



|  |
| --- |
| Personal Performance Review |
| What did you make? |
| Explain your performance (time/organisation/making) |
|  |
|  |
|  |
|  |
|  |
| Strengths  |
|  |
|  |
|  |
|  |
| Weaknesses  |
|  |
|  |
|  |
|  |
|  |
| Possible improvements |
|  |
|  |
|  |
|  |
|  |
|  |
|  |

|  |  |
| --- | --- |
| What client Group would this dish suit? What nutrients are in the dish? | TasteTextureAromaAppearanceA 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 |