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GCSE



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# GCSE Food & Nutrition

## UNIT 3 Food and Nutrition in Action

### PRESENTING FOOD OUTCOMES.



## Unit 3

The unit will be based on the following areas of content:

- 3.1 Factors affecting food choices
- 3.2 Food planning, preparation and cooking techniques
- 3.3 Cooking for an audience and purpose

### 3.2 Food planning, preparation and cooking techniques

In this topic learners will gain knowledge, understanding and skills in the following areas:

- 3.2.1 Planning to cook
- 3.2.2 Techniques for preparing, cooking and presenting food outcomes
- 3.2.3 Hygiene practices and procedures

The amplification clearly notes: **3.2.2**

Learners should be able to present food in a suitable manner, reflecting the audience and purpose.

**The new specification has much more emphasis on the presenting of food.**

### 3.3 Cooking for an audience and purpose

In this topic learners will gain knowledge, understanding and skills in the following areas:

- 3.3.1 Selecting and adapting recipes to produce a food outcomes
- 3.3.2 Selecting and using appropriate cooking techniques
- 3.3.3 Exploring the nutritional values of food outcomes
- 3.3.4 Evaluating the success of food outcomes

The amplification clearly notes:

Learners should be able to demonstrate suitable techniques to present dishes. **3.3.2**

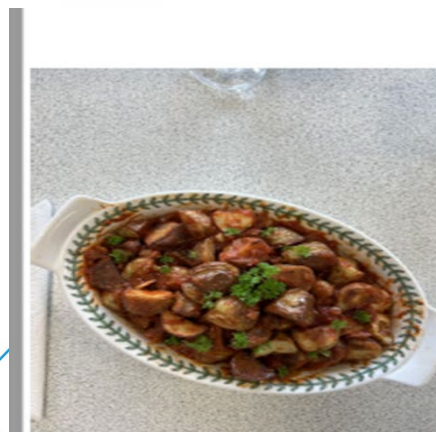
Learners should be able to evaluate the success of food outcomes using the following factors:

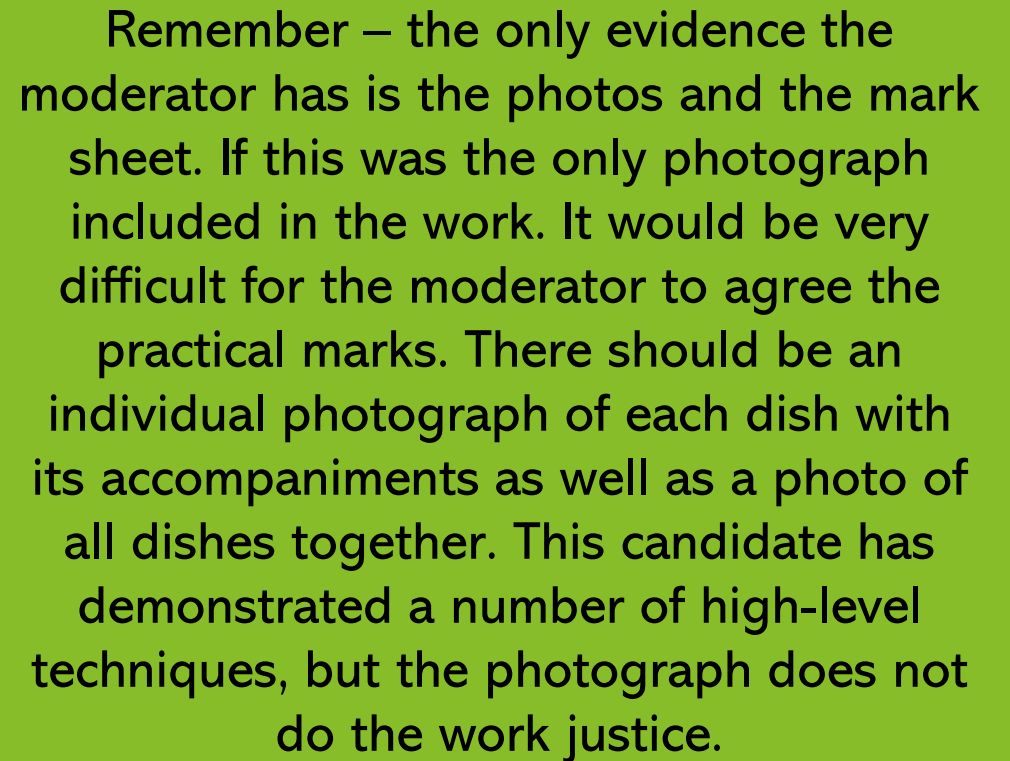
- presenting and serving **3.3.4**



The Specification does not specify how many portions have to be prepared or presented. As this task can be expensive it makes sense to cut down on portions, and serve individual dishes as opposed to larger “family sized” items.

It **DOES** however specify a photograph in colour of each dish plus a photo of the completed three dishes and any accompaniments together







Not sure where to start on  
food styling?...

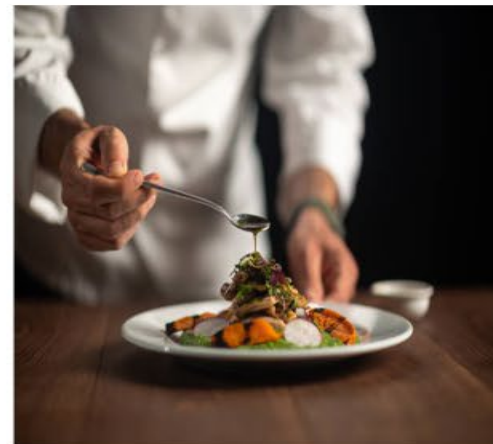
## Get professional help....

- Local college
- Careers Wales
- Parents
- Local businesses



Gyrfa Cymru  
Careers Wales

<https://careerswales.gov.wales/>



Get help. Careers Wales has a department that can find professionals to come into schools or you can take your learners out to their workplaces. Is there a local college with a catering department that you can either visit or arrange for someone to come out and do a lesson on plating and garnishing? What about parents? Surely someone is chef who can spare an hour to do a dem with your Year 10? Many learners may have a part time job in a local hospitality business, can that business help? This is also building links within your wider school community. Your SMT will love you for that!



We always work with the learners to get them the best mark that they can achieve. Many struggle with the written element, but excel at the practical, so you need to ensure that they get the best mark they can for this element.



Think garnishes and accompaniments. These not only look good but also add skills & techniques to the dishes which can also help increase marks.



- Coulis
- Fruit & vegetables
- Herbs
- Chocolate work
- Sugar work



As lovely as this pie is, think of the cost and time to prepare, would an individual small pie have been a better choice, or cut a slice from this pie to show the filling?



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Choices are vital; these dishes do not allow for high marks to be awarded, but you also cannot ignore presentation.

No garnish

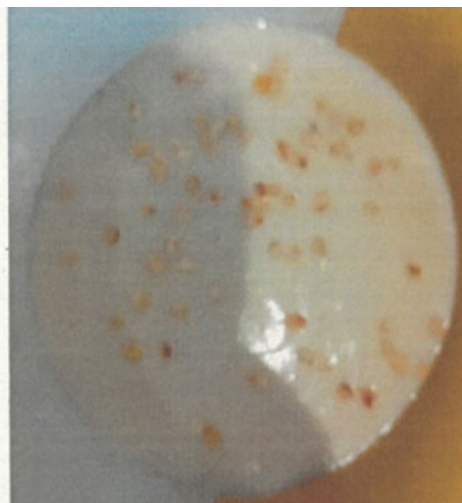


Scrambled eggs  
and salad  
Margherita Pizza  
Cinnamon whirl

## Couscous, Zaalouk and Mahalabia



Think colour and texture as well as techniques. This learner has selected 2 dishes with couscous, an aubergine and tomato bake and a custard-based dish. All soft textures and of a similar colour.





Carbonara with focaccia  
Quiche with side salad  
Meringue with fruit and a coulis

Think about...



Negatives: Would you serve a hard-boiled egg as a part of a side salad with a quiche? Not the best way to serve a side salad.

Are 5 pieces of focaccia too much with the carbonara? Would they be better served separately? The bowl is overfull. Is Rosemary an appropriate garnish for carbonara?

Positives: The dessert is well presented with thought to portion size and appropriate garnishing. Piped cream and the fruit coulis also adding techniques.

The individual quiche looks good.

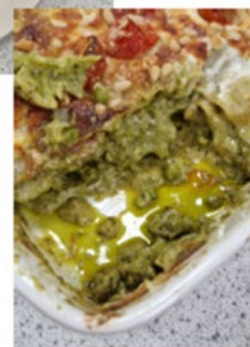
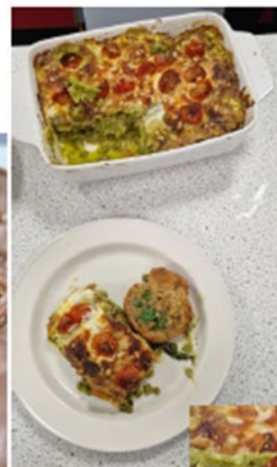


Think about...

Could these dishes have been improved with a better garnish and accompaniments?

Candidate has tried with icing sugar and spoon technique – good but would a plain background have been better for the photographs? Remember – it doesn't need to be a table-cloth, you can use cardboard or sugar paper.





## Presentation

**Increasing fibre task** – chickpea burger in a wholemeal bun

Passion fruit Millionaire's shortbread  
Pea pasta & sausage Lasagne with garlic bread

Lasagne – to cut down on cost and time, one individual dish would perhaps have been better ? and served with a side salad - no accompaniments with the burger, small salad garnish or wedges perhaps?

Shortbread is all uneven and not equal portions. Could the candidate have done some feathering with white chocolate ?

Remember: The Specification does not say how many portions to produce.

## Things to consider

Not all learners will have access to serving dishes/plates - Put a message on your staff bulletin asking for help with serving dishes/cutlery/tablecloths. You will be inundated with donations. Can the PTA help?

White background,  
simple serving dishes.



What about a lesson in  
food photography?

Are you teaching  
garnishing techniques?



Have a food styling lesson  
and challenge. Get the  
class to make a  
cheesecake and award  
prizes for the best  
presentation and  
garnishes.



Good Practice:  
A few well -  
chosen photos  
of the complex  
techniques  
used.



Consider smaller portions and individual dishes, this cuts down on the preparation time and the cost.





## Where to look for ideas

[890 Garnishing & food presentation ideas in 2024 | food, food presentation, desserts \(pinterest.co.uk\)](https://pinterest.co.uk)

[25 Easy Plating Techniques - Plate like a Pro \(youtube.com\)](https://youtube.com)

[13 Sauce Plating Skills/Ideas \(youtube.com\)](https://youtube.com)

[https://www.youtube.com/watch?v=eH7Wb1cS\\_K4](https://www.youtube.com/watch?v=eH7Wb1cS_K4) – sugar work

[Simple Chocolate Techniques You Need To Know \(youtube.com\)](https://youtube.com)

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