

## Summer Research Project for year 9 students in Food Preparation and Nutrition

This is an independent research project that covers some content of the GCSE Food Preparation & Nutrition Specification.

It needs to be handed in on the first lesson after the summer holidays.

If you can't print send it to [tlund@bestacademies.org.uk](mailto:tlund@bestacademies.org.uk)

You are being asked to explore and gain knowledge of **two** contrasting international countries e.g. England and India or Italy and China. You will be required to make dishes from each of these countries providing photographic evidence of the dishes you have made.

For **both** of your chosen countries you need to include information on:

How history has influenced what your countries eat.  
How the climate and landscape (Geography) has influenced what foods are grown and reared. From this information list some distinctive ingredients commonly eaten.

What are the staple foods from your chosen country?

List sweet and savoury signature dishes

How many meals are eaten in a day? How are these meals structured? E.g. Starter, Main & Dessert.

Describe any specific presentation or serving techniques used for these dishes. E.g. Balti Dish for serving curry that would be accompanied with a Naan Bread and rice.

How have traditional recipes been developed to suit changing nutritional/healthy guidelines, new foods and new cooking methods and equipment?

You need to make 2 dishes with accompaniments (if appropriate). This could be one from each country or two dishes from the same country. Recipes and photographs must be included in your project.

