**SECTION A: RESEARCH THE TASK (6 marks)**

Task 1: Analyse the task

Produce a mind map –what will you need to do to answer the task successfully?

Task 2: Research

Set clear aims for each piece of research

The research will be focused on either:

* Life stages (young children, teenagers, adults, elderly)
* Dietary group (vegetarians, vegans, coeliacs, lactose intolerant and high fibre diets)
* Culinary tradition (Mediterranean, Middle Eastern, British, Asian)

Research should include information from a primary source e.g. interview or questionnaire. (Include the analysis of the results not the questionnaire.)

Task 3: Summarise Research and identify a range of suitable dishes to make.

* Consider a wide range of ideas that could be made through mind mapping or annotated images.
* List the technical skills used in each dish
* 8-10 ideas

Task 4: Selection of dishes to make

1. Select four dishes to make
2. The dishes can be sweet as well as savoury
3. Justify your selection using your research. Are the dishes a suitable choice for the task? Do the dishes reflect the findings of the research?
4. The dishes selected must show different technical. Is there a wide range of skills, processes, techniques and cooking methods? How will the dishes be presented?
5. Be creative and showcase your practical skills