

**CCEA GCSE Food and Nutrition
(for first teaching from September 2017)**

EXEMPLAR TASK

**CARDIOVASCULAR DISEASE (CVD) IS THE LEADING CAUSE
OF DEATH IN THE UK. A HEALTHY DIET CAN HELP TO
REDUCE THE RISK OF DEVELOPING CVD.**

**PLAN AND PREPARE A RANGE OF DISHES THAT REFLECT
THE DIETARY ADVICE GIVEN TO AN INDIVIDUAL AT RISK
OF CVD.**



Cardiovascular disease

Research and Viewpoints

Cardiovascular disease (CVD) is an umbrella term that describes all diseases of the heart and circulation. Cardiovascular (heart and circulatory) disease causes more than a quarter (26 per cent) of all deaths in the UK; that's nearly 160,000 deaths each year – an average of 435 people each day or one death every three minutes (**BHF CVD statistics factsheet, 2017**).

There are a number of risk factors for CVD including physical inactivity, being overweight and smoking. In terms of diet it is recommended that we follow a healthy, balanced diet for a healthy heart.

According to www.nhs.uk (accessed 30/10/17) a balanced diet includes low levels of saturated fat and salt, plenty of fibre and wholegrain foods and plenty of fruit and vegetables.

'Eating too much saturated fat can increase the amount of cholesterol in the blood, which can increase the risk of developing coronary heart disease'. It is the type of fat which is important in relation to heart health and 'wherever possible we should replace saturated fats with small amounts of monounsaturated and polyunsaturated fats' (www.bhf.org.uk accessed 28/10/17). Therefore it would be important to replace foods high in saturated fat with those that are richer in unsaturated fat, such as replacing meat with oily fish. When cooking it will be better to use oils and spreads such as olive oil and rapeseed oil rather than butter and lard.

I asked my next door neighbour if he chose to purchase low (saturated) fat foods. He told me 'I do look out for products that are low fat in order to try and ensure my diet and the diet of my family is healthy. I have some nutritional knowledge so I check the nutritional information on labels including the front of pack labelling'. I think my neighbour has this opinion because as a nurse he has knowledge and understanding of nutrition. In addition there have been health issues in his family as his dad has had heart problems so he is more conscious of what he eats.

I also asked my aunt the same question. She stated that 'I don't have time to examine labels in supermarkets but will try to purchase goods that claim to be better for my health'. I think my aunt said this because as she is the mother of two children and has a full time job she does not always have the time to stop to check nutritional information on products.

I think it is difficult for many consumers to take time to consider which products are best for their health in relation to fat due to time constraints, busy lifestyles and a lack of nutritional knowledge. As a student of Food and Nutrition I have a better understanding of nutrition and would try to avoid foods that are high in fat particularly saturated fat as I am aware of the health risks.

Raised blood pressure is a major cause of cardiovascular disease with salt the major factor that increases blood pressure (www.actiononsalt.org.uk accessed 4/11/17). Therefore it is advisable to reduce salt intake to no more than 6g (or one teaspoon) per day. (**CCEA GCSE Home Economics: Food and Nutrition, Anderson and Thompson, 2017**). Reducing salt (sodium) in the diet can reduce blood pressure, but so can adding potassium through eating more fruit and vegetables (**BBC programme 'Trust me I'm a doctor' April 2015**). This would include avoiding the use of salt when cooking by using alternative flavourings such as pepper and herbs; not adding salt at the table and choosing fresh foods rather than processed ready-made foods.

Fibre is an important part of a healthy diet and can help to reduce the risk of CVD as soluble fibre can help lower cholesterol. It is recommended that we choose foods that are high in soluble fibre such as oats, beans, pulses, lentils, nuts, fruits and vegetables www.bhf.org.uk (accessed 8/11/17).

Fruit and vegetables have many benefits for heart health. They contain lots of fibre, including soluble fibre which can help to lower cholesterol levels. As well as being low in fat they are rich in vitamins and minerals which keep the body healthy. They also contain chemicals called antioxidants, such as beta carotene and vitamin C. These are thought to protect against free radicals that can cause damage to body cells. <https://patient.info> (accessed 5/11/17).

The Daily Telegraph (23rd September 2012) stated 'an antioxidant-rich diet cuts heart attack risk'. It went on to say that older women who ate 'seven portions of fruit and vegetables a day were between 20-29% less likely to have a heart attack over a decade than those who ate just 2.4 portions'. This evidence clearly endorses the Government recommendations to eat at least 5 portions of fruit and vegetables daily.

On the basis of this research I will now plan a range of dishes that will provide wholegrain foods, will be low in fat or will feature the use of monounsaturated or polyunsaturated fats, low in salt and good sources of a variety of fruit and vegetables.

Word count: 803

MENU

Roasted Red Pepper and Tomato Soup

served with

Homemade Wheaten Bread

Fish Pie with Cheesy Mash

served with

Seasonal Vegetables

Iced Berry Sponge Cake

Justification of Choice

Relevance to title

These dishes were chosen as it was felt that they reflected the advice to reduce the risk of cardiovascular disease whilst still demonstrating skill in their execution.

I have incorporated wholegrain foods by serving wheaten bread with the soup which is made with wholemeal flour. I adapted the recipe for the fish pie and the sponge cake in the dessert to use wholemeal flour rather than plain flour. I have also adapted the recipes for the bread, sauce in the fish pie and the sponge cake to either reduce the fat content by using a low fat spread rather than butter, switching from whole and semi-skimmed milk to use skimmed milk and using a low fat cheese for the pie topping. The mousse recipe required the use of double cream which I adapted by using whipping cream which has a lower fat content. The dessert can serve 12 people so the fat will be reduced in each portion.

I have opted for a low sodium stock cube in the soup and have reduced salt content in the bread and omitted it altogether in the fish pie.

My dishes are good sources of fruit and vegetables of a variety of colours and I have added some peas into the fish pie filling. The fruit and vegetables will provide important antioxidants to help neutralise the harmful effects of free radicals in the body which can contribute to the development of cardiovascular disease.

Nutritional analysis (See Appendix A for breakdown by dish - figures quoted are per portion)

Protein is found in each of the dishes but particularly the fish pie (39g) due to the fish, milk and cheese content. This would be used for repair and maintenance of body cells as it is unlikely someone at risk of CVD would still be growing. The fat content of the soup (1.2g) and wheaten bread (2.8g) are both low which makes both these dishes a suitable choice for a low fat diet. Whilst the fish pie provides 18.3g of fat it is mostly monounsaturated and polyunsaturated fats from the low fat spread and the salmon. These types of fats can help to lower 'bad' LDL cholesterol which is beneficial in relation to CVD. The wheaten bread (30.8g) and the potatoes in the fish pie (30.4g) provide the most carbohydrates. These will provide a source of energy. The total fibre content across all the dishes by portion is almost the recommended daily intake for fibre (17.7g). The vegetables in the soup, seasonal vegetables and fruits in the dessert will provide soluble fibre which has a role to play in reducing LDL cholesterol.

Calcium is again provided by each dish but predominately in the fish pie (395mg) from the milk and cheese which will help in the strengthening of bones and teeth. Iron is also in good supply in the fish pie (2.2mg) and the soup (1.6g) though it is most likely to be non-haem iron which will be less readily absorbed. The iron will be used to produce haemoglobin in the red blood cells to transport oxygen around the body. The total sodium content across all the dishes is quite high (1593 mg) which is equivalent to 3.75g of salt. However individually the dishes are lower in sodium which is desirable as high sodium intake is a contributory factor in CVD.

Folate content is highest in the soup (156mg) most likely provided by the vegetables as well as the seasonal vegetable accompaniment (79mg) and the vegetables in the fish pie (67.3mg). The B12 content is found in the fish pie (4.1mg) from the fish, milk and cheese. As it is only found naturally in animal foods there is no B12 in the soup, bread or vegetables as these do not contain any animal foods. Folate and B12 have been shown to reduce homocysteine levels which can help to reduce the risk of CVD.

Vitamin C is provided mostly by peppers and tomatoes in the soup (227mg) and the seasonal vegetables (79mg). Vitamin C, as well as being required for the formation of connective tissue, the healing of wounds and the absorption of non-haem iron is also an important antioxidant which helps protect cells from damage by free radicals that can contribute to CVD.

Each of the dishes are also very good sources of Vitamin A (overall 1422mcg) most of which will be in carotene form found in the red peppers, tomatoes, seasonal vegetables and the berries. It too is a powerful antioxidant with the same properties as Vitamin C. In addition the tomatoes in the soup will provide lycopene another powerful antioxidant which would be of great benefit for an individual at risk of CVD. The Vitamin D content, mostly in the fish pie (2.8mcg) will most likely come from the salmon, milk and cheese. The Vitamin D will assist with the absorption of calcium in the dishes.

Technical skills included

To make the three dishes I will be exhibiting a variety of skills from hob and oven management, the accurate weighing and measuring ingredients and knife skills in preparing the fish, fruit and vegetables. For the starter I will be making my own bread as an accompaniment; this involves rubbing in, kneading and shaping dough. I will also demonstrate knife skills and technical skills (hand blender) in the making of the soup.

For the main course I will be handling fish and poaching it in milk. I will make a sauce from scratch using the roux method and will have to ensure the potatoes are cooked and mashed well to allow for the presentation on top of the filling ingredients.

For my dessert I will demonstrate cake making skills, use gelatine as a setting agent and also work with eggs including separating the whites from the yolks, whisking the whites to soft peaks and folding them into the fruit puree.

Throughout the practical I will ensure excellent personal and kitchen hygiene. I must also be very organised in my time management as there are a lot of tasks to be completed over the course of the practical session.

Aesthetics

The soup will be a colourful mixture of deep red and vibrant orange. To boost the visual appeal of this dish I will serve the soup with a swirl of cream and a sprinkle of fresh basil. It will have a smooth texture which will contrast with the texture of the Wheaten Bread accompaniment. The bread should have a soft inside with a crisp crunch to the crust.

The main dish will have a rich creamy taste with a range of textures from the fish, the smooth sauce and the crispy potato topping. The cheesy mash topping will be very flavoursome and should have a golden brown appearance. These ingredients will combine to add an inviting aroma and flavour. The dish will be accompanied with a selection of seasonal vegetables which will add colour and enhance the overall appearance.

For the dessert, there will be a wide range of textures and colours used. The soft texture and sweetness of the sponge cake will compliment the smooth but tart mousse within the dessert. The mousse will be an appealing pink/purple colour which will contrast against the creamy layers of cake on top and bottom. I will serve a portion of the cake with a sprinkling of icing sugar and some fresh berries on the side to complete the presentation.

Time and ingredients available

I have given careful consideration to the dishes I have chosen to ensure they can be completed within the allocated time but still demonstrating a range of skills. I have a 3 hour practical session. In this time I will be making a soup, a bread, the filling and topping for the Fish Pie as well as a vegetable accompaniment and a cake mixture and mousse for the dessert.

I will need to work quickly to begin with as I will have to roast the vegetables prior to making the soup. I also need to make the bread at the beginning to allow for baking and cooling before slicing.

Once these are in the oven I can then prepare the sponge cake for the dessert as it also needs to bake and cool before I can slice through it into 2 layers. I will make the fruit puree once it goes into the oven as it will also need to cool before the next stage.

The Fish Pie will take approximately 30 minutes preparation time before it will be ready to go into the oven for 25 minutes so I can leave it until the middle section of the practical session. I can leave making the soup until the final hour as the vegetables are already roasted and it is just a matter of bringing the ingredients together and blending until smooth.

I want to leave the vegetable accompaniment to the last minute so that they can be steamed and served immediately. I also want to use the final 15 minutes to ensure the dishes are served and presented to a high standard.

All the ingredients chosen can be purchased locally and are available on the high street. Where possible I will purchase seasonal fruit and vegetables. The fish will be chosen from the fish counter in my local supermarket. I will try to ensure it is from a sustainable source. I will avoid wastage by purchasing only what I need and reusing leftovers.

Word count: 1570

Ingredient lists

Roasted red pepper and tomato soup

2 red peppers, halved & de-seeded.
1 white onion, unpeeled & halved.
2 cloves of garlic, unpeeled.
1 stick of celery, sliced & chopped.
250g fresh plum tomatoes.
300ml low sodium vegetable stock.
1tbsp olive oil.
1tbsp tomato puree.
1tbsp sundried tomato paste.
1tsp flaked chilli
Coarsely ground black pepper
Garnish: 1 tsp of cream (from dessert cream) and a basil leaf

Wheaten bread

140g bread flour
350g wholemeal flour
¼ teaspoon salt
1 ¼ teaspoons bicarbonate of soda
60g low fat spread
450ml buttermilk

Fish pie with cheesy mash

200g fresh coley or cod fillets

200g fresh salmon, cut into chunks

100g cooked North Atlantic prawns, peeled

150ml skimmed milk

½ onion, peeled and cut into thick slices

50g frozen peas

2 bay leaves

Black pepper

50g low fat spread

50g wholemeal flour

450g potatoes, peeled and cut into small even-sized pieces

50g low fat spread

125g low fat cheddar cheese

5g freshly chopped chives (add to the white sauce)

5g freshly chopped curly parsley (add to the white sauce)

Seasonal vegetables

100g each of tenderstem broccoli, green beans and carrots.

Iced berry sponge cake

For the sponge

100g low fat spread

100g table top sweetener

100g self-raising wholemeal flour

$\frac{3}{4}$ tsp baking powder

1 tsp vanilla extract

2 eggs

For the mousse

500g mixed berry (fresh or frozen)

30g icing sugar, to sweeten (including 1 tsp to dust top of cake)

3 sheets leaf gelatine

3 egg whites

140g table top sweetener

300ml whipping cream, whipped

Equipment lists

Roasted red pepper and tomato soup

Brown chopping board

Vegetable knife

Roasting tin

Medium saucepan

Spatula

Measuring jug

Tablespoon

Teaspoon

Hand blender

Ladle

Serving dish: White square soup bowl on white square plate

Wheaten bread

Large baking tray

Large mixing bowl

Sieve

Teaspoon

Measuring jug

Spatula

Flour dredger

Vegetable knife

Pastry brush

Cooling tray

Bread knife

Serving dish: Large bread basket lined with napkin

Fish Pie with Cheesy Mash

Filling:

Blue chopping board

Cooks knife

Large saucepan and lid

Brown chopping board

Vegetable knife

Slotted spoon

Large bowl

Measuring jug

Mashed potato topping:

Brown chopping board

Vegetable knife

Vegetable peeler

Large saucepan and lid

Colander

Masher

Grater

Sauce:

Medium saucepan

Spatula

Balloon whisk

Pie

Medium ovenproof dish (for serving)

Tablespoon

Seasonal vegetables

Brown chopping board

Vegetable knife

Vegetable peeler

Steamer

Serving dish: White side dish

Iced Raspberry Mousse Cake

Large mixing bowl

Electric hand whisk

Teaspoon

24cm loose-based round cake tin (lined with greaseproof paper)

Skewer

Wire cooling rack

Large bread knife

Cling film

Mousse

Medium saucepan

Tablespoon

Spatula

Hand blender

Sieve

Small bowl

Large mixing bowl

Electric hand whisk

Tablespoon

Bowl scraper

Icing sugar dredger

Serving dish: Medium white square plate

Shopping list

Grocery:

1 low sodium vegetable stock cube
1tbsp olive oil
1tbsp tomato puree
1tbsp sundried tomato paste
1tsp flaked chilli
Coarsely ground black pepper
140g bread flour
400g wholemeal flour
¼ tsp salt
1 ¼ tsp bicarbonate of soda
2 tsp caster sugar
2 bay leaves
50g frozen peas
100g self raising flour
240g tabletop sweetener
¾ tsp baking powder
1 tsp vanilla extract
5 eggs
30g icing sugar
3 sheets of leaf gelatine

Fruit and vegetables:

2 red peppers
1 ½ white onions
2 cloves of garlic
1 stick of celery
250g fresh plum tomatoes
450g potatoes
5g fresh chives
5g fresh flat leaf parsley
100g tenderstem broccoli
100g green beans
100g carrots
500g mixed berries
1 basil leaf

Dairy:

260g low fat spread

450ml buttermilk

200ml skimmed milk

125g low fat cheddar cheese

300ml whipping cream

(use 1 teaspoon to garnish soup)

Butcher/fish:

200g fresh coley or cod fillets

200g fresh salmon, cut into chunks

100g cooked North Atlantic prawns, peeled

Costing of dishes

Source of prices: Tesco online supermarket

Costing programme: www.foodafactoflife.org.uk >Resources>ICT>Costing the ingredients

Cost breakdown: See Appendix 2

Roasted red pepper and tomato soup
Total cost of dish: £2.25
Cost per portion (serves 2): £1.12

Wheaten Bread
Total cost of dish: £1.56
Cost per portion (serves 10): 15p

Fish Pie with Cheesy Mash
Total cost of dish: £9.86
Cost per portion (serves 4): £2.84

Seasonal vegetables
Total cost of dish: £1.38
Cost per portion (serves 2): 69p

Iced Berry Sponge Cake
Total cost of dish: £7.98
Cost per portion (serves 12): 67p

Timeplan

Key

General instructions

Roasted red pepper and tomato soup

Wheaten Bread

Fish Pie with Cheesy Mash

Seasonal vegetables

Iced Berry Mousse Cake

Preparation time: 9.00- 9.30am

Cooking time: 9.30am -12.00pm

TIME	ACTIVITY	REMINDER
9.00 - 9.30am	Personal preparation – apron on, sleeves up, hands washed, hair tied back/covered Gather all equipment and weigh ingredients (if required) Preheat oven Boil kettle Lightly flour a baking tray Grease and line cake tin Set up serving table	Oven temp. for bread and roast vegetables 200°C
9.30- -9.45am	<p style="color: red;">Slice 2 red peppers in half lengthwise and deseed and cut onions in half; place the pepper & onion halves (cut side down) along with the plum tomatoes & garlic cloves into a baking tray & drizzle with the olive oil. Bake at the top of the oven for 30 mins or until the vegetables are roasted & tender.</p> <p>Sift together the bread flour, wholemeal flour, salt, and bicarb of soda in a bowl. Rub the butter into the flour mixture. Make a well in the centre of the mixture and pour in the buttermilk. Stir with a spatula until dry mixture</p>	

	<p>is completely moistened. Move the dough to a lightly-floured surface. Lightly knead the dough for no more than 1 minute. Shape and place the dough on baking tray. Cut a cross into the top of the loaf with a knife. Brush the top with milk or buttermilk. Bake in the preheated oven for 30 minutes.</p> <p>Clear up table and stack dishes</p>	
9.45 – 10.00am	<p>Beat the low fat spread and tabletop sweetener, then beat in the self-raising wholemeal flour, baking powder, vanilla and eggs. Pour the batter into a lined 24cm loose-based cake tin and bake for 30 mins or until risen and cooked through</p> <p>To make the mousse, put the berries in a pan (reserve some for garnish) over a low heat and bring gently to a simmer. Soak the gelatine in water until floppy. Sweeten puree to taste with icing sugar. Whizz with a hand blender and purée, then sieve. Stir gelatin into the hot berry purée and set aside to cool.</p> <p>Clear table and stack dishes</p>	
10.00 – 10.15am	<p>Peel and slice onions roughly. Place the coley/cod and salmon in a saucepan with the milk, bay leaves and onion slices. Season with pepper and bring to a gentle simmer, cook for 2 to 3 minutes and then place a lid on the saucepan, take it off the heat and allow to infuse for 20 minutes. Meanwhile peel the potatoes and cut into even sized pieces. Place into saucepan with water and boil the potatoes for 10-15 minutes until soft; grate the cheese.</p>	<p>Lift roast vegetables out of oven</p> <p>Reduce heat to 180°C. Rotate baking tray with bread and bake another 30 minutes.</p>

<p>10.15 – 10.30am</p>	<p>Test cake with a skewer and if cooked lift out of oven and allow to cool.</p> <p>Meanwhile separate 3 eggs and whisk the egg whites to soft peaks, then whisk in the tabletop sugar in 4 batches. Continue whisking until a stiff, glossy meringue. Whisk cream.</p> <p>Remove the cake from the tin and cool on a wire rack, leaving the base paper on the bottom of the cake.</p> <p>Fold the berry purée into the whisked whites followed by the cream. When the cake is completely cool, cut it in half horizontally. Clean the tin and line with cling film. Put the top of the cake into the base of the tin.</p> <p>Pour mousse onto the sponge base, then carefully lay the other piece of sponge on top, paper-side up. Freeze until 40 mins-1 hr</p>	<p>Lift cake out of oven</p>
<p>10.30 – 10.45am</p>	<p>Remove the fish from the milk with a slotted spoon and place the into a bowl, adding the prawns and mixing gently, as not to break the fish up.</p> <p>Drain the potatoes and then add the low fat spread and mash with a potato masher until smooth and fluffy. Season to taste and add three quarters of the grated cheese and mix well.</p> <p>Remove the bay leaves and onion slices from the milk and pour the milk into a jug. Melt the low fat spread in a saucepan and stir in the wholemeal flour, keep stirring until the mixture resembles sand, then start to add the infused milk gradually, whisking all the time until the all the milk is used up and you have a thick, smooth sauce. Check seasoning and adjust. Add the frozen peas, chop chives and parsley</p>	<p>Remove bread from oven and allow to cool on a wire rack before slicing.</p> <p>Turn oven up to 200°C for Fish Pie</p>

	<p>and stir into sauce.</p> <p>Clear table and stack dishes</p>	
10.45 – 11.00am	<p>Spoon a little of the white sauce on the base of a deep oven-proof serving dish. Arrange the fish and prawns over the top of the sauce and then add the rest of the sauce. Smooth the top of the sauce and then carefully add the cheesy mashed potatoes, ensuring that the potatoes go right up to the edges of the pie dish. Take a teaspoon and press the back of the bowl into the mashed potatoes to give the effect of fish scales and then sprinkle the rest of the grate cheese over the top.</p> <p>Chop celery and make 300ml of vegetable stock</p>	<p>Place the pie into the pre-heated oven and cook for 25 to 30 minutes or until the top is golden brown and the filling is bubbling.</p>
11.00-11.15am	<p>Heat the olive oil in a large pan over a medium heat and saute the chopped celery for 4-5 mins. Remove the peel from the onion & garlic cloves roughly chop them.</p> <p>Add tomato puree, sundried tomato paste & the chilli flakes to the vegetable stock. Mix well and then add to the sauteed celery. Remove from the heat.</p> <p>Add onions and garlic to the pan along with the red peppers and plum tomatoes. Place back on to a low to medium heat & using a hand blender blend until the soup is smooth. Season to taste & gently simmer until the soup is at a comfortable edible temperature.</p>	<p>Boil kettle</p>
11.15 – 11.30am	<p>Clear table and wash all dishes</p>	
11.30 – 11.45am	<p>Put boiling water into large saucepan and bring back to boil. Trim the tenderstem broccoli and green beans; peel and cut carrots into batons.</p>	<p>Remove fish pie from oven</p>

	<p>Place into a steamer over the saucepan and reduce water to simmer; steam for 5-6 minutes</p> <p>Continue with washing up</p>	
11.45am – 12.00pm	<p>Ladle soup into bowl and garnish with swirl of cream and a basil leaf</p> <p>Slice and serve bread in bread basket alongside soup</p> <p>Place fish pie in ovenproof dish onto table.</p> <p>Serve with seasonal vegetables in side dish.</p> <p>Remove cake from the freezer and peel off the paper. Remove the tin and cling film. Serve a slice of cake onto serving plate dust the top with icing sugar and add extra berries on side.</p>	

Evaluation

Part A: Research and Viewpoints

I began my research on the internet as this can provide a wide variety of up to date information very quickly. However I found that a lot of this information was very medically technical and difficult to understand. I then narrowed the field to specific websites related to heart health such as the British Heart Foundation which provided more relevant information including statistics for CVD. As well as several websites I used a wide range of other sources (factsheet, TV programme, newspaper and my textbook) to gather information. I feel I did this very well and was able to select and use appropriate information but found it difficult to condense all my information into the word count.

I also gathered the viewpoints of two other people in relation to low fat foods. They both provided useful feedback which I feel I was able to analyse successfully by identifying that my neighbour's view was probably due to his occupation as a nurse and my aunts view was due to her being a working mother. However in hindsight I feel I could have asked a more pertinent question as I do not think the question posed allowed for a *viewpoint* to be provided.

Part B: Justification of Choice

I calculated the nutritional content of each dish by using the Explore Food programme on www.foodfactoflife.org.uk This was a very useful tool as I was able to input the ingredients and their quantities very quickly and at the click of a button the programme calculated the nutritional content. To do this manually using Food Tables would have taken too long. I thought it would be better to show the totals for each nutrient across all the dishes which made it much easier to compare and analyse the nutritional value.

I feel the dishes I chose were for the most part suitable for someone who is at risk of CVD most notably the soup, bread and fish pie. They provided wholegrains and had been adapted to reduce both the fat and salt content. In addition they were good sources of fruits and vegetables which provide many nutritional benefits in relation to CVD not least their antioxidant content in the form of Vitamin A (carotene), Vitamin C and lycopene. However in hindsight the dessert may not have been the most suitable choice. Despite the level of skill it allowed me to display it did contain whipping cream which increased fat content. If I were to do this again I might choose a meringue based dessert which would still allow skill to be displayed but with a lower fat content.

I was disappointed by the overall sodium content of the dishes as I had reduced/omitted salt from the recipes and had selected low sodium stock cubes. However sodium is naturally present in many foods – highest in the salmon and prawns in the fish pie. Whilst these have other nutritional benefits if I were to do this again I might substitute chicken for the fish as this would lower sodium content.

Part C: Planning for the practical (including costing)

Practicing the dishes at home was valuable particularly in relation to the dessert as there were a lot of stages and skills that I needed to be familiar with through practice. I found it difficult to make all the dishes at the same time as I wasn't able to replicate the full 3 hour practical session purely because of time restrictions.

I found the best way of devising a detailed timeplan was to use the actual directions from the recipe. I feel I was able to identify the tasks that needed to be carried out early and I was able to sequence all activities effectively. My ingredient lists and shopping list were accurate and detailed and allowed me to gather together all the necessary ingredients the night before the practical.

I used Tesco online to work out the unit price/weight for my ingredients which was very quick to do but I could have used my shopping receipt to do the same job. Once I had this information by entering it into the costing programme on www.foodafactoflife.org.uk this automatically calculated the cost of each dish. I feel the dishes worked out very economical by portion particularly the soup and bread which amounted to £1.27 per portion which is very reasonable for a filling and nutritious dish. The fish pie was more expensive (£2.84 per portion + 69p for seasonal vegetables) but it did include three types of fish which would provide HBV protein and other nutritional benefits. The dessert was a frozen mousse cake which could serve up to 12 people so was only 67p per portion

Part D: Work during the practical and final outcomes

As I had practiced my dishes and had a detailed timeplan I feel I worked well during the practical session. I was able to display a range of higher level skills including cooker management, knife skills, soup making, bread making, sauce making, using gelatin to set the mousse and separating eggs and whisking egg whites. This is quite a range and I do not feel I could have incorporated any more into the timeframe.

During the practical I was conscious of my hygiene and safety and ensured I used the correct colour of chopping board for the food being prepared. I also washed my hands prior to starting and regularly throughout especially after handling the raw fish.

Despite using a timer the vegetables were more charred on the edges and the bread was a deeper brown than I would have liked. If I were to do this again I would check them as they were cooking and not just rely on the timer. As a result of the charring of the vegetables this meant that when the soup was blended it had a more reddish brown colour rather than a vibrant red/orange. However I feel the charring gave an added depth of flavor to the soup. I served it in a deep round white bowl with a garnish of a swirl of cream and basil. This contrasted very well against the soup colour.

The bread had a delicious soft texture inside even though the crust was slightly overdone. It was served sliced in a large bread basket. The fish pie was the most successful dish. I poached the fish to perfection and my roux sauce was smooth and the correct consistency. In practice I had difficulty with lumps in the sauce. I served the fish pie in the ovenproof dish that it had been cooked in. This was a deep white oval shaped dish and because some of the sauce had bubbled over the edge this gave it a lovely rustic appearance. The sauce had a lovely flavor and contrasting well with the cheesy mash topping which had a very appealing golden brown topping.

I encountered some problems with the dessert. Whilst the cake mixture turned out well I broke an egg yolk when separating the eggs. This went into the whites which meant that they would not whip up. Fortunately there were spare eggs so I was able to start this over again. If I was to do this again I would separate the eggs over a different bowl to the whites so that only one egg white would be ruined and not all of them. The iced berry mousse cake turned out very well and I was able to serve one slice on a white dessert plate.

My colour theme for the table was red and white – a white tablecloth with a red runner and napkins. I also included a menu card, flowers and candles to further enhance the presentation of the final dishes.

Word count: 1290

Total word count: 3663

Bibliography

Factsheet

CVD Statistics, BHF, 2017

Internet/websites

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<http://www.actiononsalt.org.uk/salthealth/factsheets/stroke/> accessed 4/11/17

<https://www.bhf.org.uk/heart-health/risk-factors/high-cholesterol> (accessed 8/11/17)

<https://patient.info/health/eat-more-fruit-and-vegetables> (accessed 5/11/17)

TV programme

'Trust me I'm a doctor' BBC April 2015

Textbook

Anderson, Nicola and Thompson, Claire; 2017; CCEA GCSE Food and Nutrition; Hodder Murray

Newspaper

Daily Telegraph 'Antioxidant-rich diet 'cuts heart attack risk'' Stephen Adams, 23rd September 2012

Recipes

Roasted red pepper and tomato soup

www.bbcgoodfood.com

Wheaten Bread

www.allrecipes.co.uk

Fish Pie with Cheesy Mash

www.fishisthedish.co.uk

Iced Berry Mousse Cake

www.bbcgoodfood.com

Nutritional analysis of recipes

<http://explorefood.foodafactoflife.org.uk>

Costing programme

www.foodafactoflife.org.uk >Resources>ICT>Costing the ingredients

Nutritional Analysis – totals

Dish	Energy kcal	Protein g	Fat g	Carb g	Fibre	Calcium mg	Iron mg	Sodium mg	B1 mg	B12 mg	Folate mg	Vit C mg	Vit A mcg	Vit D mcg
Roasted Red Pepper and Tomato Soup	152	4.1	1.2	17.5	6.5	54	1.6	780	0.4	0	156	227	264	0
Wheaten Bread	167	6.5	2.8	30.8	3.4	65.7	0.9	216	0.2	0	15.2	0.4	51	0.4
Fish Pie with Cheesy Mash	435	39	18.3	30.4	3.7	395	2.2	419.7	0.5	4.1	67.3	11.9	201	2.8
Seasonal Vegetables	44	3.5	0.7	6.3	3.6	65	1.1	23.5	0.2	0	79	36	702	0
Iced Berry Sponge Cake	194	5.3	14.3	10.7	0.5	66	0.7	154	0.1	0.3	25.7	13.3	204.5	1.1
Totals (per portion)	992	58.4	37.3	55.4	17.7	645.7	6.5	1593.2	1.4	4.4	343.5	288.6	1422.5	4.3

APPENDIX B

Costing (Soup & Wheaten Bread)

Costing (Fish Pie & Vegetables)

Costing (Iced Berry Sponge Cake)

Costing a Recipe		Roasted red pepper and tomato soup		
Ingredient Name	Weight bought (g)	Cost (£)	Weight needed (g)	Real Cost (£)
2 red peppers	300	£1.20	300	£1.20
1 Onion	110	£0.16	110	£0.16
Garlic	100	£0.30	10	£0.03
Celery	350	£0.85	35	£0.09
Plum tomatoes	400	£0.35	250	£0.22
Vegetable stock cubes	54	£1.00	9	£0.17
Olive oil	500	£2.35	15	£0.07
Tomato puree	200	£0.50	15	£0.04
Sundried tomato paste	190	£1.60	15	£0.13
Flaked chilli	28	£0.85	5	£0.15
			Total	£2.25
Costing a Recipe		Wheaten Bread		
Ingredient Name	Weight bought (g)	Cost (£)	Weight needed (g)	Real Cost (£)
Bread flour	1500	£1.00	140	£0.09
Wholemeal flour	1500	£1.10	350	£0.26
Salt	750	£0.35	1.5	£0.00
Bicarbonate of soda	42	£1.20	7	£0.20
Low fat spread	500	£1.80	60	£0.22
Buttermilk	284	£0.50	450	£0.79
			Total	£1.56

Costing a Recipe		Iced Berry Sponge Cake (sponge)		
Ingredient Name	Weight bought (g)	Cost (£)	Weight needed (g)	Real Cost (£)
Low fat spread	500	£1.80	100	£0.36
Tabletop sweetener	75	£1.00	100	£1.33
Self raising wholemeal flour	1000	£1.50	100	£0.15
Baking powder	170	£1.40	4	£0.03
Vanilla extract	60	£1.30	5	£0.11
Eggs	360	£0.89	120	£0.30
	0	£0.00	0	£0.00
	0	£0.00	0	£0.00
	0	£0.00	0	£0.00
	0	£0.00	0	£0.00
			Total	£2.28
Costing a Recipe		Iced Berry Sponge cake (mousse)		
Ingredient Name	Weight bought (g)	Cost (£)	Weight needed (g)	Real Cost (£)
Mixed berries	1000	£3.25	500	£1.63
Icing sugar	1000	£1.70	25	£0.04
Gelatine	36	£0.89	36	£0.89
Eggs	360	£0.89	90	£0.22
Tabletop sweetener	75	£1.00	140	£1.87
Whipping cream	300	£1.05	300	£1.05
	0	£0.00	0	£0.00
	0	£0.00	0	£0.00
	0	£0.00	0	£0.00
	0	£0.00	0	£0.00
			Total	£5.70