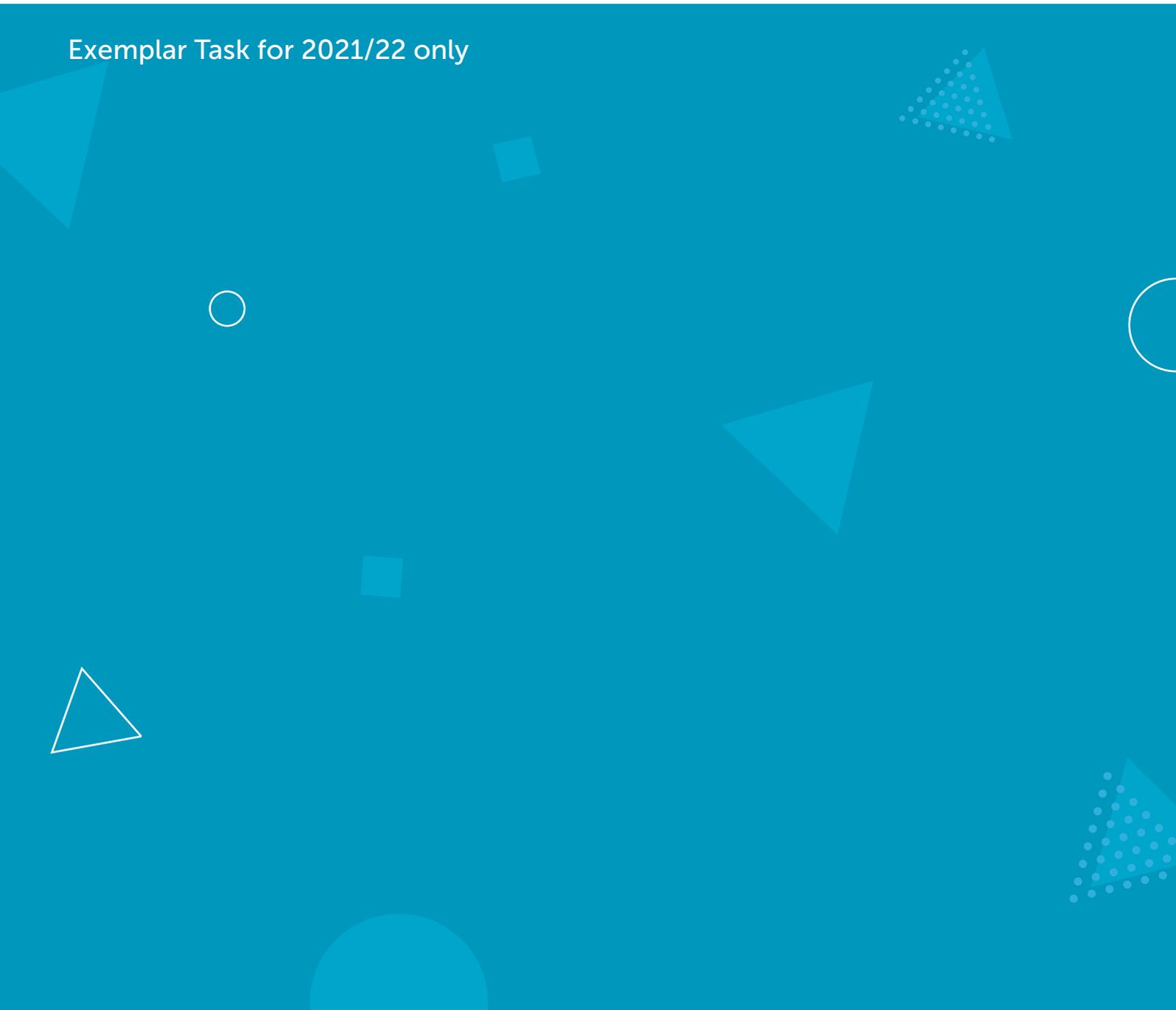


# GCSE Food and Nutrition

## Subject Guidance for Summer 2021/22

Exemplar Task for 2021/22 only



# CCEA GCSE Food and Nutrition

Exemplar Task for 2021/22 only

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 **TWO** DISHES THAT REFLECT THE NUTRITIONAL AND DIETARY ADVICE GIVEN TO AN INDIVIDUAL AT RISK OF CVD.

# MENU

*Roasted Red pepper and Tomato Soup*  
*Served with*  
*Homemade Wheaten Bread*

*Fish Pie with Cheesy Mash*  
*Served with*  
*Seasonal Vegetables*

## Justification of Choice

### Relevance to title

According to [www.nhs.uk](http://www.nhs.uk) (accessed 19/10/20) 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’ ([www.bhf.org.uk](http://www.bhf.org.uk) accessed 19/10/20). Therefore, it would be important to replace foods high in saturated fat with those that are richer in unsaturated fat, which is why I have chosen to make a Fish Pie. I have also adapted the recipes for the bread and the sauce in the fish pie 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.

Raised blood pressure is a major cause of cardiovascular disease with salt the major factor that increases blood pressure ([www.actiononsalt.org.uk](http://www.actiononsalt.org.uk) accessed 19/10/20). 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**). 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.

Fibre can help to reduce the risk of CVD as it 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](http://www.bhf.org.uk) accessed 19/10/20). My dishes include a range of vegetables and in addition 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 to use wholemeal flour rather than plain flour.

Fruit and vegetables contain lots of fibre, including soluble fibre which can help to lower cholesterol levels. 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 19/10/20).

**The Daily Telegraph (23<sup>rd</sup> September 2012)** stated ‘an antioxidant-rich diet cuts heart attack risk’. My dishes are good sources of vegetables of a variety of colours and I have added some peas into the fish pie filling. The 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 Content

Protein is found in each of the dishes but particularly the fish pie 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 fish pie does provide fat, but 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 vegetables in the soup and seasonal vegetables 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 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 and the soup

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. 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 most likely provided by the vegetables as well as the seasonal vegetable accompaniment and the vegetables in the fish pie. Folate (along with B12) has 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 and the seasonal vegetables. Vitamin C is 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 most of which will be in carotene form found in the red peppers, tomatoes and seasonal vegetables. It too is a powerful antioxidant with the same properties as Vitamin C. The Vitamin D content, mostly in the fish pie 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 two 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.

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.

## **Time and ingredients available**

I have a 2 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.

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.

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.

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: 1265

## 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.

## Equipment lists

### **Roasted red pepper and tomato soup**

Brown chopping board

Vegetable knife

Roasting tin

Medium saucepan

Spatula

Measuring jug

Tablespoon

Teaspoon

Hand blender

Sieve

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

## Shopping list

### Grocery

1 low sodium vegetable stock cube

1 tbsp olive oil

1 tbsp tomato puree

1 tbsp sundried tomato paste

1 tsp 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

### Dairy

160g low fat spread

450ml buttermilk

200ml skimmed milk

125g low fat Cheddar cheese

### 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 flatleaf parsley

100g tenderstem broccoli

100g green beans

100g carrots

1 basil leaf

### Butcher/fish

200g fresh coley or cod fillets

200g fresh salmon, cut into chunks

100g cooked North Atlantic prawns

## Time plan

### Key

General instructions

Roasted red pepper and tomato soup

Wheaten Bread

Fish Pie with Cheesy Mash

Seasonal vegetables

Preparation time: 9.00- 9.15am

Cooking time: 9.15am -11.00am

TIME	ACTIVITY	REMINDER
9.00 - 9.15am	Personal preparation – apron on, sleeves up, hands washed, hair tied back/covered  Gather all equipment and weigh ingredients (if required)  Preheat oven  Boil kettle  Set up serving table	Oven temp. for bread and roast vegetables 200°C
9.15 - 9.30am	<p>Slice 2 red peppers in half lengthwise and deseed and cut onions in half; place the pepper &amp; onion halves (cut side down) along with the plum tomatoes &amp; garlic cloves into a baking tray &amp; drizzle with the olive oil. Bake at the top of the oven for 30 mins or until the vegetables are roasted &amp; tender.</p> <p>Sift together the bread flour, wholemeal flour, salt, and bicarb of soda in a bowl. Rub</p>	

9.30 – 9.45am	<p>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 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>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>	
10.00 – 10.15am	<p>Remove the fish from the milk with a slotted spoon and place it 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</p>	<p>Lift roast vegetables out of oven and leave to cool</p> <p>Reduce heat to 180°C Rotate baking tray with bread and bake another 30 minutes.</p> <p>Remove bread from oven and allow to</p>

	<p>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, chopped chives and parsley and stir into sauce.</p> <p>Clear table and stack dishes</p>	<p>cool on a wire rack before slicing.</p> <p>Turn oven up to 200°C for Fish Pie</p>
10.15 – 10.30am	<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>
10.30 – 10.45am	<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 &amp; garlic cloves roughly chop them.</p> <p>Add tomato puree, sundried tomato paste &amp; 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 &amp; using a hand blender blend until the soup is smooth then pass through a sieve. Season to taste &amp;</p>	<p>Boil kettle</p>

	<p>gently simmer until the soup is at a comfortable edible temperature.</p> <p>Clear table and stack dishes</p>	
10.45 – 11.00am	<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. Place into a steamer over the saucepan and reduce water to simmer; steam for 5-6 minutes</p> <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. Serve with seasonal vegetables in side dish</p> <p>Complete washing up.</p>	Remove fish pie from oven

## Evaluation

### Part B: Justification of Choice

In order to select dishes suitable to the title I began by researching CVD as a health concern. I used 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.

Based on my findings I selected my dishes – in terms of their nutritional content I feel the dishes I chose were for the most part suitable for someone who is at risk of CVD. They provided wholegrains and had been adapted to reduce both the fat and salt content. In addition, they were good sources of vegetables which provide many nutritional benefits in relation to CVD not least their antioxidant content in the form of Vitamin A (carotene) and Vitamin C.

However, 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 and the cheese in the mash. Whilst these have other nutritional benefits if I were to do this again I might substitute chicken for the fish and omit the cheese as this would lower sodium content.

### Part C: Planning for the practical

Practicing the dishes at home was valuable as there were a lot of stages and 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 2-hour practical session purely because of time restrictions.

I found the best way of devising a detailed time plan 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.

Word count: 420

Total word count: 1685

# Bibliography

## Internet/websites

<http://www.nhs.uk/Conditions/cardiovascular-disease> (accessed 19/10/20)

[www.actiononsalt.org.uk](http://www.actiononsalt.org.uk) (accessed 19/10/20)

<https://www.bhf.org.uk/heart-health/risk-factors/high-cholesterol> (accessed 19/10/20)

<https://patient.info/health/eat-more-fruit-and-vegetables> (accessed 19/10/20)

## 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, 23<sup>rd</sup> September 2012

## Recipes

Roasted red pepper and tomato soup

[www.bbcgoodfood.com](http://www.bbcgoodfood.com)

Wheaten Bread

[www.allrecipes.co.uk](http://www.allrecipes.co.uk)

Fish Pie with Cheesy Mash

[www.fishisthedish.co.uk](http://www.fishisthedish.co.uk)