

BTEC Level 1 Brief

You need to choose either task 1 or task 2.

Task 1

Your grannie is coming around at the weekend and you want to cook a meal for her.

Her favourite ingredient is eggs.

Make a main meal dish that uses eggs as the main ingredient.

You will also need to add some appropriate side dishes.

The meal should be nutritionally balanced, suitable for an older person and their dietary needs and should be presented in an attractive way.

E.g. omelette and salad, savoury soufflé, quiche, egg curry, egg mayonnaise salad.

Task 2

The local ?? club is holding a fund raising event.

You have been asked to prepare a dish that people could share.

The theme for the event is International Cuisine.

You need to prepare a healthy dish along with any appropriate accompaniments and prepare it so that it looks appealing.

Quite a number of the club members are not eating meat as part of a healthy lifestyle. Be prepared to make a meat free version of your dish.

E.g. sweet and sour chicken, chilli con carne, Thai green chicken, egg fried rice, spaghetti bolognese.