**Task 1**

Italian cuisine

Complete this table.

|  |  |
| --- | --- |
| Distinctive features and characteristics of Italian cooking |  |
| The foods grown, reared and caught in Italy | Grown –  Reared –  Caught - |
| Traditional dishes made in Italy |  |
| Equipment and cooking methods used in Italian cooking |  |
| Eating patterns in Italy |  |
| How does the cuisine differ between the North of Italy and the South of Italy? |  |

**Task 2**

Spanish cuisine

Complete this table.

|  |  |
| --- | --- |
| Distinctive features and characteristics of Spanish cooking |  |
| The foods grown, reared and caught in Spain | Grown –  Reared –  Caught - |
| Traditional dishes made in Spain |  |
| Equipment and cooking methods used in Spanish cooking |  |
| Eating patterns in Spain |  |
| What is Tapas? |  |

|  |
| --- |
| **Task 3**  As you can see below, Italy and Spain are surrounded by the Mediterranean Sea. The Mediterranean diet is one of the healthiest diets in the world.  U:\Mediterranean-Map.jpg  Write a short paragraph describing the Mediterranean diet and why it is so healthy. Think about the aging population, lifestyle, climate, foods that are grown there, olive oil, etc. |

**Task 4**

Research dishes from Italy and Spain. Make a list of 5 savoury and 2 sweet dishes below.

|  |  |
| --- | --- |
| Italy | Spain |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

Now choose one dish to make at home.

Once you have chosen the dish, find a recipe for that dish. Try to use UK recipes.

Make a list of the ingredients you need.

Write down 2 success criteria for your dish. The success criteria are characteristics that your dish should have to be successful. Eg: golden brown, evenly cut chicken, well-flavoured, crispy pastry, etc.

Success Criteria 1:

Success Criteria 2:

**Task 5**

Make the dish you have chosen.

Take a photo of the dish and send to your teacher:

[apatel@waseleyhills.worcs.sch.uk](mailto:apatel@waseleyhills.worcs.sch.uk) OR

[jewilliams@waseleyhills.worcs.sch.uk](mailto:jewilliams@waseleyhills.worcs.sch.uk)

Did your dish meet your success criteria? Why or why not?