



Headteacher:  
Daniel Sadler

Reades Lane  
Sonning Common  
Reading RG4 9LN

Tel.: 0118 972 1500  
Fax: 0118 972 1501

VG/KM/Technology/GCSEFoodTech'17

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Dear Parents/ Guardians

## Food Technology GCSE Exam 2017 – Guidance for Parents

Students will be sitting their food exam in the summer (worth 40% of their GCSE) and each year the exam board set a theme for the first part of the exam, Section A. This year the theme is 'Upside Down Desserts'.

This means that the examiners will be asking students to design an upside down dessert, possibly two, that fit a specific criteria they have given students in the exam (this is the bit we do not know till the exam!)

Some of the types of criteria points that could be mentioned and have in the past been used, are:

### To design a dessert:

- **suitable for a family**
- **suitable for students on a budget**
- **suitable for a special diet: low fat, low sugar, diabetic, coeliac, vegan, high fibre**
- **suitable to be cooked in a microwave**
- **appealing to all the senses – taste, texture, appearance, smell**
- **to be served with a sauce**
- **contributes to the healthy eating guidelines**
- **includes at least 1 of your 5 a day**
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In preparation for this, students have been given the chance to make a mini pineapple upside down pudding and have watched a demonstration on how to make custard and a microwave sponge pudding. They have also taste tested a tart tatin and various sponge puddings including jam, chocolate and treacle.

### What are upside down desserts?

Tart tatin, jelly, sponge puddings, pineapple upside down cake, crème caramel are the main choices.

### What can be done at home to help?

Students will need to learn two recipes that they have cooked so they can remember if asked how to make it, the ingredients and amounts used and what could go wrong and why! The more they do this,



the more chance they will have of remembering it. It could be a lovely way of having home cooked cakes and desserts for the family! The microwave sponge pudding is easy to remember and easy to adapt.

Please encourage the cooking of two of the suggested recipes students have been given, including a fruit coulis and custard, so they have two different sauces that could be served with the cake/ puddings.

**Section B of the exam will cover the rest of the food course content and we will be covering this in school revision sessions.**

If you have any questions, please contact me on my email below.

Yours faithfully

Ms V Graham  
[vgraham@chilternedge.oxon.sch.uk](mailto:vgraham@chilternedge.oxon.sch.uk)

