

Introduction

Welcome to the Introduction to British Cuisine worksheet! This activity is designed for 16-18 year old students to evaluate their understanding of key ingredients, dishes, and cooking methods in British cuisine. The worksheet is divided into sections, each with a set of questions and activities to help you demonstrate your knowledge and skills.

Multiple Choice Questions

Choose the correct answer for each question:

1. What is the primary ingredient in a traditional Full English Breakfast?

- a) Bacon
- b) Sausages
- c) Eggs
- d) Black Pudding

2. Which of the following cooking methods is commonly used in British cuisine?

- a) Grilling
- b) Roasting
- c) Steaming
- d) All of the above

3. Which region in the UK is known for its seafood dishes?

- a) North East
- b) South West
- c) Scotland
- d) Wales

Short Answer Questions

Answer the following questions in complete sentences:

1. Describe the key ingredients and cooking method used in a traditional Beef Wellington. (5 marks)

2. What are the main differences between a traditional Scottish and English breakfast? (5 marks)

Project-Based Question

Create a simple recipe for a traditional British dish, such as Fish and Chips or Shepherd's Pie. Include a list of ingredients, cooking method, and nutritional information. (20 marks)

Recipe Template:

Dish Name: _____

Ingredients:

- _____
- _____
- _____

Cooking Method:

1. _____
2. _____
3. _____

Nutritional Information:

- Calories: _____
- Fat: _____
- Saturated Fat: _____

Recipe Template

Use the following template to create your recipe:

Dish Name: _____

Ingredients:

- _____
- _____
- _____

Cooking Method:

1. _____
2. _____
3. _____

Nutritional Information:

- Calories: _____
- Fat: _____
- Saturated Fat: _____

Regional Variations

Research and write about a regional variation of a traditional British dish. How does it differ from the original recipe? What ingredients are used? (10 marks)

Conclusion

Reflect on what you have learned about British cuisine. What are some key ingredients, dishes, and cooking methods that you have discovered? How can you apply your knowledge to create new and exciting recipes? (5 marks)

