Your notes

GCSE Food Preparation and Nutrition: revision notes

British and international cuisines

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What a cuisine is

- A **cuisine** is a style of cooking linked to a country or region, with its own ingredients, cooking methods, equipment, eating patterns and presentation.

British cuisine

- **Traditional dishes** include roast dinners, fish and chips, shepherd's pie, Cornish pasties, and puddings such as crumble and trifle.
- Ingredients reflect the climate: root vegetables, potatoes, apples, lamb, beef and fish.
- Guernsey has its own traditions, such as **bean jar** (a slow-cooked stew of beans and pork) and Guernsey **gâche** (a fruit bread), and is famous for its Guernsey cow milk and butter.

International cuisines

- Italian: pasta, pizza, risotto, tomatoes, olive oil, basil and Parmesan; meals often have several courses.
- Indian: curries, dhal, rice and breads such as naan and chapatti; spices such as cumin, turmeric and garam masala; regional differences, with more vegetarian food in some areas.
- Chinese: stir-fries in a wok, rice and noodles, soy sauce, ginger and garlic; food cut small to cook quickly.
- Mexican: tortillas, beans, maize, chillies, avocado and lime.
- Japanese: rice, fish (including sushi), soy, miso and noodles; food presented carefully.

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Why cuisines differ

- Climate, geography and local produce; history, trade and migration; religion and culture.
- **Cuisines** change as people move and share food, such as chicken tikka masala becoming popular in Britain.

Key terms

Cuisine	A style of cooking linked to a country or region.
Traditional dish	A dish that has been made in a place for generations.
Staple food	A food eaten regularly that provides much of the energy in a diet, such as rice.
Wok	A deep, curved pan used in Chinese cooking.
Bean jar	A traditional Guernsey stew of beans and pork, cooked slowly.
Gâche	A traditional Guernsey fruit bread.

Quick questions

Cover the answers and test yourself: remembering is what makes it stick.

1. What is a cuisine?
2. Which cuisine uses a wok for stir-frying?
3. Which ingredient is a staple of Mexican cuisine?
4. Which spice is common in Indian cuisine?
5. What is bean jar?
6. What is a staple food?
7. Which is a traditional British dish?
8. Why do cuisines differ between countries?

Answers

1. A style of cooking linked to a country or region
2. Chinese
3. Maize tortillas
4. Turmeric
5. A traditional Guernsey stew of beans and pork
6. A food eaten regularly that provides much of the energy in a diet
7. Shepherd's pie
8. Climate, local produce, history and religion differ

What to do next

Practise 10 questions on this topic

Try 4 exam questions, with mark schemes

Your notes

Read the lesson, one step at a time

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