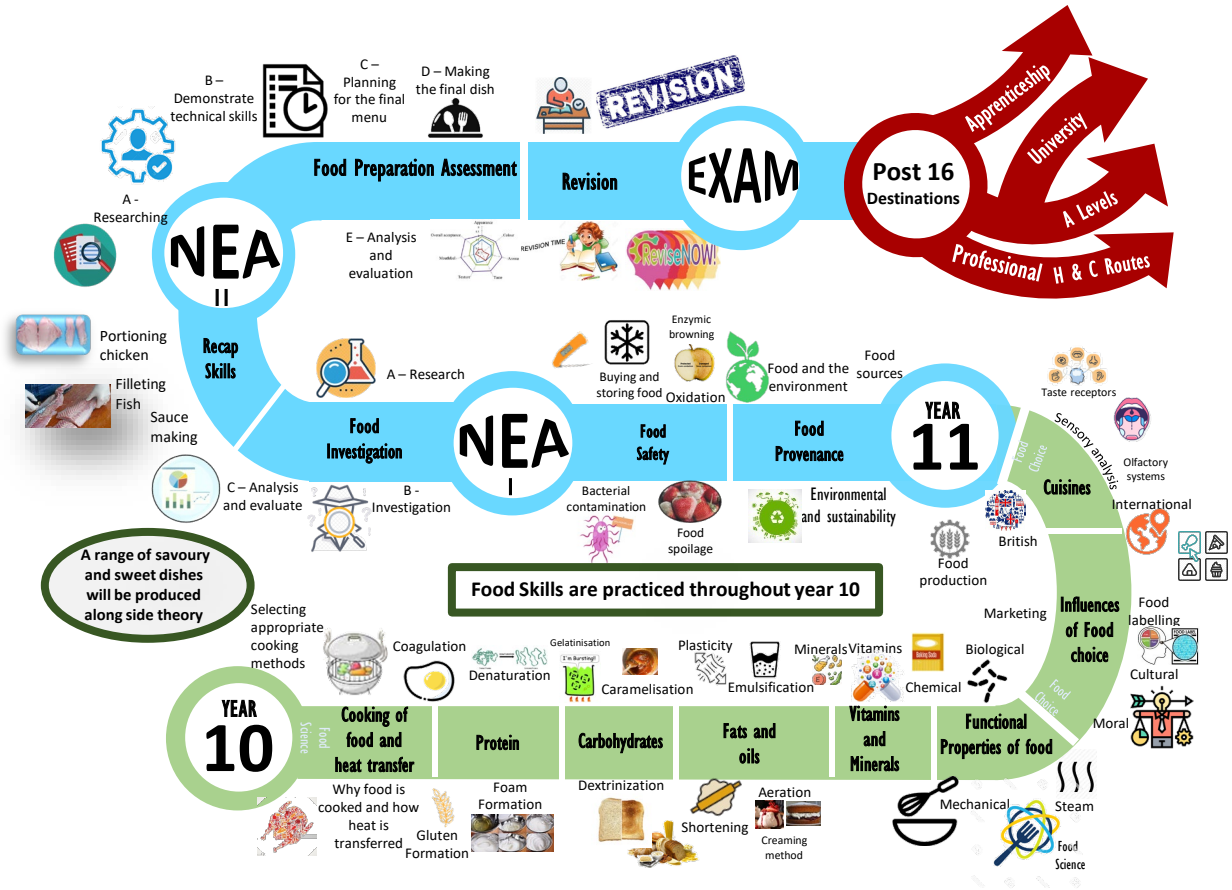GCSE FOOD PREPARATION AND NUTRITION