

Food Preparation and Nutrition

My target grade is:

In the table below record your progress and show your Practical results. What targets will you set to improve your progress?

Practical 1: Ratatouille	Practical 2: Burger	Practical 3: Group Experiment	Practical 4: Bread	Practical 5: Macaroni Cheese
Target: <ul style="list-style-type: none"> • Knife skills • Washing up • Boiling • Simmering • Even sized pieces • Rich tomato sauce 	Target: <ul style="list-style-type: none"> • Safe handling of beef • Using egg to bind • Portioning • Shaping • Using the oven • Cooking through • Ensuring the kitchen and equipment are bacteria free 	Target: <ul style="list-style-type: none"> • Reading a recipe • Working in Groups • Measuring liquid accurately • Consistency • Weighing • Recording information 	Target: <ul style="list-style-type: none"> • Making a dough • Proving • Shaping • Consistency • Using yeast • Baking • Using the oven safely • Washing up 	Target: <ul style="list-style-type: none"> • Making a roux • Boiling • Simmering • Grating • Washing up • Managing different saucepans • Managing your time

In the table below show your practical progress by recording your level and improvements:

Level:	Level:	Level:	Level:	Level:
Improvements	Improvements	Improvements	Improvements	Improvements

Practical Level:



Booklet Level:



Final Level:

PLENARY:

Asesiadau - Level criteria for your ratatouille



Level 4a	Level 5c	Level 5b
Mixed sizes, looks a bit sloppy	Some different sized pieces, looks nice	Even sized pieces, looks very appealing
Over cooked, boiled and not simmered. Or undercooked.	A little overcooked. or A little undercooked.	Well cooked, simmered and did not catch at the bottom of the pan
Messy chopping/slicing skills	Quite tidy chopping/slicing skills	Very neat chopping/slicing skills
Tastes like tinned tomatoes	A bit too much/little herbs/garlic/seasoning	Rich, tomato sauce taste with different textures
Some items still dirty or wet when put away	Most items cleaned correctly	All washed and dried on time
I forgot completely how I should correctly carry a knife	I had to be reminded how to carry a knife	I carried a knife safely

Asesiadau - Level criteria for your burger

- Using egg to bind
- Using the oven



Level 5b	Level 5a	Level 6c
<p>The burgers are unevenly sized.</p> <p>The burgers fall apart, the breadcrumbs weren't dry enough and the meat is flaking.</p>	<p>The burgers maintain their shape and are tender inside. Some are unevenly sized</p>	<p>The burgers are evenly sized. They all have the same texture and consistency throughout. Slightly harder on the outside and tender on the inside</p>
<p>Over or undercooked ingredients: burnt or pale coloured on the outside. The meat is too pink inside and the onions are hard to bite.</p>	<p>Ingredients have cooked unevenly throughout. The onions are hard to bite or the meat is still too pink or tough.</p>	<p>All the meat was cooked evenly throughout - no pink!</p>
<p>I was really behind.</p> <p>I had to re-wash/dry several items.</p> <p>I forgot to use antibacterial spray.</p>	<p>My timing was slow.</p> <p>I had to re-wash/dry an item.</p> <p>I used antibacterial spray.</p>	<p>My timing was perfect.</p> <p>Equipment was clean and dried efficiently. I helped a friend.</p> <p>I used antibacterial spray.</p>
<p>My friend put them in the oven.</p> <p>I burnt myself.</p> <p>I forgot to use oven gloves</p> <p>I forgot to turn the oven on.</p>	<p>2 of the next ones:</p>	<p>I used the oven myself.</p> <p>I did not burn myself.</p> <p>I preheated the oven.</p> <p>I helped a friend.</p>

PLENARY:

Asesiadau - Level criteria for your group experiment



Level 5c	Level 5b	Level 5a
None of us really knew what we were doing	Some of us didn't pull our weight	Successful group work
Had to ask the teacher about the recipe twice or more	Had to ask the teacher about the recipe just once	Did not need to ask the teacher. I understood the recipe
I needed help to use the scales	I only needed to ask once, how to use the scales correctly	I did not need help using the scales, I helped a friend.
My liquid produced the wrong consistency, I'd measured it incorrectly and started again	My liquid could have been wrong...I had to add a bit more water or flour	My liquid was measured correctly and my dough was the right consistency
Recording Info: I forgot to record the weights	Recording Info: I only recorded some weights	Recording Info: I recorded all the weights

PLENARY:

Asesiadau - Level criteria for your bread



Level 5c	Level 5b	Level 5a
I forgot / didn't have time to prove it. My rolls didn't rise.	I only proved it for 5mins so my bread was a bit risen	I proved it for 10-15 mins and it doubled in size! Very well risen!
I forgot to check the water temperature	I think the water was too hot or too cold to activate the yeast	I ensured that I used tepid water to activate the yeast
When cooked the bread was doughy and undercooked	When cooked the bread had a hard crust but was undercooked and doughy in middle	My bread had a good crust and was very soft and bouncy in the centre
The bread rolls were all completely different and shapeless	The bread rolls were different sized and a bit messy	The bread rolls were even sized and neatly shaped
I forgot to time my baking	I kept having to ask for help to check the bake	I timed my baking perfectly
Over/undercooked - burnt or too pale		Perfectly golden brown

PLENARY:

Asesiadau - Level criteria for your Macaroni Cheese



Level 5a	Level 6c	Level 6b
My friend more or less had to make the sauce for me. I don't remember what a roux is!	I made a cheese sauce from scratch with some help. I added too much/little flour to the roux.	I made a roux from scratch completely independently
My cheese sauce was a little too thin. Lumpy sauce.	My cheese sauce was a little too thick. A bit lumpy.	The consistency of my sauce was thick enough to bind the pasta. No lumps.
I don't know the difference between boiling and simmering	I over/undercooked my pasta. I forgot to turn the boiling water down to a simmer	I can perfectly cook pasta so it is " al dente "
I got very confused/stressed managing both pans on the hob and needed a lot of help	I got a little stressed managing two saucepans at the same time, I needed a bit of help	I managed two saucepans on the hob without any stress. I controlled the temperature well
I was really behind and had to stay past the lesson to clean up/cook	I worked until the last minute	I finished cooking and cleaning with plenty of time