

## Unit 1 - Catering skills related to food preparation and service

The controlled assessment is structured as follows:

Task 1 - (20%) Please note there is no change to task 1.

Candidates will choose one from the following bank of tasks.

1. Chefs use a wide range of fruit and vegetables to add colour, flavour and texture to their menus. Using fruit and vegetables produce and serve four interesting dishes that would be popular with customers.

### **Task 1**

Task 1 will be marked as follows:

- Planning the task (10 marks)
- Carrying out the task (20 marks)
- Evaluating the task (10 marks)

### **Planning the task** (10 marks)

In order to gain high marks in this section, candidates need to show that they have investigated the chosen commodities so that they can make an informed choice of dishes to prepare for the practical.

The following framework should help when carrying out the investigation

- Cost
- Storage
- Uses
- Types / varieties available
- Versatility
- Ease of preparation and cooking
- Colour, flavour and texture
- Nutritive value

The most effective ways of carrying out the investigation are:

- Tasting sessions
- Recipe trialling
- Displays of chosen commodities

Note: There is a **limit of 4 pages** for the planning and evaluation of the commodity task

Candidates must choose a **selection of dishes** that will reflect not only the commodities but also their **skill** as a cook. Do not repeat a skill and ensure that a wide variety of skills are used. A good way of doing this is to list the dishes chosen and state what skills and methods of cookery are being shown

e.g.

- **macaroni cheese** – sauce making, cooking pasta, boiling, grilling (once coated in cheese and breadcrumbs)
  - **strawberry gateau** – whisking method, decorating skills
- Baking

Candidates could draw out how they expect their final dishes to look; in this way they can assess the range of colours, shapes and textures they will use.

Use your teacher to get feedback on your choice of dishes.

## What you need to do

**Research** – Provide information about fruit and vegetables, types, classification, storage, season, preparation, effect of heat, colour. In addition you need to include the government's current initiatives on eating fruit and vegetables. Then discuss current trends e.g. organic.

**Menu** – choice of dishes. Remember you need to have a variety of colours, textures and odours. In addition you must ensure that you have different skills and do not repeat a skill. Ideally each dish should have at least 2 skills.

**Reasons for Choice** – This is a couple of A4 pages about why you have chosen your 4 dishes discussing their skills colours, nutrition etc.

See the list below

1. Why are your chosen vegetables suitable for the dish(s) Are the dishes balanced
2. The use of Healthy alternatives and state how, where and why you will use them.
3. State how you have a variety of colour, flavour, texture and odour. State how the dishes complement each other.
4. How will you portion control the dish?
5. Discuss how you will make your dishes attractive with garnish and decoration.
6. State the wide range of skills you are going to demonstrate.
7. State the wide range of cooking methods you are going to use and how each dish differs.
8. High risk foods. How will you handle them?
9. Have you chosen enough to do in the 2 hours (will you be busy?).
10. Cost of your dishes. Are they value for money, cheap, expensive?
11. Can you easily make these dishes in bulk? Mass produce them.
12. What is the shelf-life of your dish? Do you need to keep them in the refrigerator? Will you have problems with:
  - a. High Risk Food
  - b. Gelatinisation
  - c. Coagulation
13. How will you demonstrate good hygiene and safety?
14. Are the fruit and vegetables in season and therefore low cost?

**Equipment List** – list all the major equipment you have used.

**Costing** – Work out the cost of two portions of each dish from the local supermarket prices.

Then calculate the cost of a single portion for each dish and add the four together to get a total cost for the meal. Comment on whether you think it is too cheap /expensive and make suggestions for change if you need to change a fruit or vegetable.

**Time plan** – Produce a detailed time plan for making the 4 dishes include safety and hygiene and washing up

### **Carrying out the task** (20 marks)

In order to gain high marks in this section candidates need to demonstrate:

- High standards of personal hygiene e.g. wearing of apron / whites, hair back, no nail varnish, no jewellery, etc.
- Good personal hygiene habits e.g. no licking fingers, tasting with a clean teaspoon, etc.
- Safe use of equipment, especially knives, pans and electrical equipment
- Selection of the correct tools e.g. correct knife for chopping, peeling, etc.
- Use of a wide variety of commodities within the task chosen e.g. not all cheese dishes for dairy products
- Good food hygiene e.g. perishable foods refrigerated and not left on work unit / table, using temperature probes to ensure food is cooked (if available)
- Neat, organised work areas
- Safe use of cooker
- Working to time
- Independent working
- Good technical skills
- Little food waste
- Logical sequence of work e.g. food that needs to be cooked for a long time, be set or served cold needs to be made first
- A wide variety of skills
- High standard of final presentation e.g. portion control, use of garnish and decoration, good colour, correct temperature, correct texture, good flavour, appropriate serving dishes

**Testing and trialling** – PRIOR TO MAKING THE FINAL SELECTION OF DISHES YOU WILL NEED TO TEST AND TASTE PANEL THE DISHES IN ORDER TO OBTAIN FEEDBACK FROM YOUR PEERS. Then make any changes necessary and write up these experiments.

**Practical Task** – This is a two hour task. You have 15 minutes to set up. You can weigh up ingredients prior to the practical and set up the table. The dishes will be sampled by the teacher.

### **Evaluating the task** (10 marks)

In order to gain high marks in this section candidates need to discuss

- The suitability of dishes chosen – did the dishes reflect the use of the commodity in the industry – why or why not?
- Any changes they would make to the choice of dishes and why
- Time management
- How customers (consumers) would regard the dishes in terms of appearance, flavour and texture
- What improvements they would make if they repeated the task and why?
- The size and cost per portion (see portion control and costing section)

Here is an example of the things to include in your evaluation

#### **Evaluation**

Consider and comment on all of the following areas:

1. Your hygiene and safety? e.g. wearing whites, tying back your hair, wiping down surfaces. Were you neat and tidy? Safe and hygienic?
2. Your timing? Were you busy? Did you choose enough to do? Should you have completed more tasks?

3. Discuss your dishes:
  - a. For odour, flavour, texture and colour – did they work out as you expected?  
Could you improve – how?
  - b. How did you garnish/decorate your dishes? Was it successful?
  - c. How did you portion control your dishes?
  - d. Quality of final dishes? Would customers pay for them?
4. Were your dishes suitable for the task set? How and why? Discuss skills, cooking methods and how they complement each other.
5. How acceptable were your dishes to the consumer, could you sell them?
6. If you were to do the practical again what changes if any would you make?
7. Skills – how you have used different ones
8. Cooking methods and how you have varied them
9. Nutrition. How have you cooked the food to maintain good nutrition? What nutrition is present and how does it relate to your clientele?
10. How has your choice of vegetables/fruit been successful (in season, variety of colour, air miles etc.)

**Your work need to include the following:**

- 1) Research on vegetables and Fruits ( Your homework task )  
Types, classification, cooking times/methods, nutritional value.
- 2) Menu – choice of dishes
- 3) Reasons for choice
- 4) Shopping list
- 5) Equipment list
- 6) Timeplan
- 7) Costing of dishes
- 8) Evaluation
- 9) Photographs of the dishes