

PDF Compressor Free Version
Possible Menu (Food and Drink Items)

ONE COURSE MEAL FOR PRETEEN BOYS

1. Boiled Rice/French fries
2. Beef stew/Pea stew
3. Steamed cabbage/green leafy vegetables
4. Nutritious drink – fresh fruit juice/fruit punch

| | PDF Compressor Free Version AREAS OF ASSESSMENT | MAXIMUM SCORE | ACTUAL SCORE | REMARKS |
|----|---|--|---------------------|----------------|
| 1. | PLAN Recipes – Availability ($4 \times \frac{1}{2}$) – Correct quantity ($4 \times \frac{1}{2}$) (enough for two) – Appropriate choice (for the age) Order of work – Availability – Proper sequencing List of foodstuffs – Availability – Adequacy (enough for two) – Appropriateness List of equipment – Availability – Adequacy – Appropriateness | 2 2 2 1 1 1 2 2 1 1 1 | | |
| | SUB-TOTAL | 16 | | |
| 2. | PREPARATION AND COOKING Correct procedure for preparation – Item 1 (carbohydrate) – Item 2 (protein) – Item 3 (vegetables) – Item 4 (nutritious drink) Correct procedure for cooking – Item 1 – (carbohydrate) – Item 2 – (protein) – Item 3 – (vegetables) Methods of cooking (at least two) Quality of results (colour, texture, taste, consistency) – Item 1 – (carbohydrate) – Item 2 – (protein) – Item 3 – (vegetable) – Item 4 – (nutritious drink) | 1 1 1 2 1 1 1 2 1 1 1 1 | | |
| | SUB-TOTAL | 14 | | |

| | AREAS OF ASSESSMENT PDF Compressor Free Version | MAXIMUM SCORE | ACTUAL SCORE | REMARKS |
|----|--|--|---------------------|----------------|
| 3. | PRESENTATION Utensils – Appropriate – Clean Table layout – Well laid tablecloth – Centre piece (mark by impression) – Correct set-up cutlery and glassware (1) laid at the right position (1) – Accompaniments (salt and pepper shakers) Hygiene – Food hygiene – during preparation ½ – during cooking ½ – Kitchen hygiene – during preparation ½ – during service ½ – Personal hygiene – when handling food ½ – grooming ½ | 1 1 2 2 2 1 1 1 1 1 | | |
| | SUB-TOTAL | 12 | | |
| 4. | ECONOMY OF RESOURCES Use of water – taps closed when not in use – no spillages of water Food – no excess food peelings – utilises all food ordered Materials – using materials for the right purpose – no wastage (use of excess materials) Fuel – simmering when necessary – switching on and off source of fuel appropriately Clearing up – “clearing as you go” during the practical session – After work | ½ ½ ½ ½ ½ ½ 2 2 | | |
| | SUB-TOTAL | 8 | | |
| | TOTAL | 50 | | |
| | Final mark = $\frac{\text{Actual score}}{2}$ | 25 | | |