Unit 2

120 Marks

The total time allocated for assessed tasks is **12 hours**.

Candidate Name:

Candidate Number:

Centre Name:

Centre Number:

Teacher Assessor:

Date of Practical Assessment (Task 3):

Font and size: Coursework can be typed or handwritten. Where work is handwritten, writing should be neat and clear using black or blue pen. When work is typed the font should be no bigger than size 12 using the following font types: Calibri, Times New Roman, Comic Sans or Arial.

Photographical evidence: Coloured photographs of the final dishes must be provided. Where complex or medium techniques or skills have been achieved, photographic evidence IS REQUIRED (e.g., photograph of candidate filleting a fish or deboning chicken for a complex skill and kneading dough for bread or reducing a sauce for a medium skill). All photographs must be signed and dated by the teacher and candidate and scanned. Digital signatures are acceptable.

Additional Slides can be added if necessary.

Scenario (EXAMPLE)

Window on the World (WOW) is a restaurant situated on the main street of a small university town. It is a medium size provision with 4 4-seat banquettes, 6 paired tables and a long window counter with 8 stools.

During the day, it sells a range of low-cost dishes to the older residents in the area, but it is struggling to attract customers in the evening.

WOW want to increase sales during the evening and has decided to hold "open mic" sessions to attract the multi-cultural student population of the area. The full menu will be available in the evening during the sessions. Market research shows that many of the student population follow a vegetarian diet.

The dishes must be suitable to meet the nutritional needs of **elderly people** and **young adults**. *WOW* has a small team of chefs who cook from a wide-ranging menu of dishes that represent their multi-cultural clients. Ingredients are sourced locally and in season where possible.

WOW has excellent sustainable practices such as reducing waste, recycling, and reusing. The kitchen itself is limited in size but has a variety of specialist, hand-held and electrical equipment available.

As a commis chef for *WOW*, you have been asked to plan, prepare, cook, present and review **two** dishes.

The dishes can be starters, main courses, or desserts.

You will need to:

- Analyse the assignment brief and recommend **two** dishes, one for each of the customers named in the brief. Each dish may be either a starter, a main course or a dessert and each dish should include any appropriate accompaniments.
- Produce a production plan to show how the practical preparation, cooking and presentation will be completed within the allocated time.
- Complete the preparation and cooking of the two dishes.
- Evaluate and review the dishes.
- Review your own performance.

Customer 1: Mind map of possible dishes

Customer 2: Mind map of possible dishes

Chosen dishes including accompaniments

Customer 1

Customer 2

Task 1: The Importance of nutrition

Task 1

Unit content	Tasks		Evidence Required	Recommended Time	Controls	AOs	Marks
2.1	1.	The importance of nutrition.					**12**
2.1.1	(a)	Analyse the assignment brief and recommend **one** dish for **each** customer. Assess how the dish meets the nutritional needs of the customer. You must show an understanding of the importance of the following: • macro nutrients • micronutrients.	Typed/written response in the candidate pack.	2 hours	Supervision: Indirect Guidance: Direct Resources: Not permitted Collaboration: Not permitted	AO3	[8]
2.1.2	(b)	Explain the impact of cooking methods on the nutritional value of the chosen dishes.				AO2	[4]

Customer 1: Assess how the dish meets the nutritional needs of the customer *(Resources: NOT permitted)*

Customer 2: Assess how the dish meets the nutritional needs of the customer *(Resources: NOT permitted)*

Customer 1: Explain the impact of cooking methods on the nutritional value of the chosen dish *(Resources: NOT permitted)*

Customer 2: Explain the impact of cooking methods on the nutritional value of the chosen dish *(Resources: NOT permitted)*

Task 2: Menu Planning

Task 2

Unit content	Tasks		Evidence Required	Recommended Time	Controls	AOs	Marks
2.2	Menu planning.						
	2.						**18**
2.2.1	(a)	Discuss the factors which affected **your choice** of dishes. You should demonstrate your knowledge of the factors that affected **your** choice of dishes. Answers may include: • cost • portion control • balanced diets • time of day • clients/customers • equipment available • techniques of the chef • time available • environmental issues • time of year • organoleptic.	Typed/written report	1 hour	Supervision: Indirect Guidance: Direct Resources: Permitted Collaboration: Not permitted	AO3	[8]
2.2.2	(b)	Plan to produce your **two** dishes. You should show evidence of: • commodity list with quantities • equipment list • health, safety, and hygiene • contingencies • quality points • sequencing/dovetailing • timings • mise en place • cooking • cooling • hot holding • serving • storage.	Production plan	2 hours	Supervision: Indirect Guidance: Direct Resources: Permitted Collaboration: Not permitted	AO2	[10]

Customer 1: Discuss the factors which affected your choice of dish *(Resources: permitted)*

Customer 2: Discuss the factors which affected your choice of dish *(Resources: permitted)*

Plan to produce your two dishes *(Resources: permitted)*

Time	Method	Special Points

Plan to produce your two dishes *(Resources: permitted)*

Time	Method	Special Points

Plan to produce your two dishes *(Resources: permitted)*

Time	Method	Special Points

Plan to produce your two dishes *(Resources: permitted)*

Time	Method	Special Points

Plan to produce your chosen dishes *(Resources: permitted)*

Ingredients

Equipment

Task 3: The techniques of preparation, cooking and presentation of dishes

Task 3

Unit content	Tasks		Evidence Required	Recommended Time	Controls	AOs	Marks
2.3	The techniques of preparation, cooking, and presentation of dishes.						**66**
	3.						
2.3.3	(a)	Demonstrate how to work safely, follow correct food safety and hygiene practices and procedures in relation to the preparation and cooking of food and use of equipment and facilities.	Teacher observation Record	3 ½ hours	Supervision: Direct Guidance: Indirect Resources: Permitted Collaboration: Not permitted	AO2	[8]
2.3.1	(b)	Prepare the dishes, demonstrating a variety of basic, medium, and complex preparation and knife techniques.				AO2	[24]
	(c)	Cook the dishes, demonstrating a variety of basic, medium, and complex cooking techniques.				AO2	[26]
2.3.2	(d)	Present the dishes in a way that is appropriate for the brief. Candidates should demonstrate techniques including: • creativity • garnish and decoration • portion control • accompaniments.				AO2	[8]

Colour photographs of completed dishes

Customer 1

Customer 2

Skills: highlight all skills demonstrated in practical session

***Basic **Medium ***Complex**

Preparation techniques:

blending* beating* grating* hydrating* juicing* mashing* melting* marinating * proving* puréeing* shredding * sieving * tenderising * zesting * creaming** dehydrating** folding** kneading** measuring** mixing** rub-in** rolling ** skinning** toasting(nuts/seeds) ** weighing** crimping*** laminating (pastry)*** melting using bain-marie*** piping*** shaping*** unmoulding*** whisking(aeration)***

Knife techniques:

chopping* peeling* trimming* bâton** chiffonade** dicing** slicing** deseeding** spatchcock** brunoise*** julienne*** mincing*** deboning*** filleting*** segmenting***

Cooking techniques:

basting* boiling* chilling* cooling* dehydrating* freezing* grilling* skimming* toasting* baking** blanching** braising** deglazing** frying** griddling** pickling** reduction** roasting** sautéing** setting** steaming** water-bath (sous-vide) ** baking blind*** caramelising*** deep fat frying*** emulsifying*** poaching*** tempering***

Colour photographs of evidence of complex and medium skills

Customer 1

Customer 2

Task 4: Evaluating cooking techniques

Task 4

Unit content	Tasks		Evidence Required	Recommended Time	Controls	AOs	Marks
2.4	Evaluating cooking techniques						
	4.						**24**
2.4.1	(a)	Assess the production of the presented dishes. You should provide a review of your planning, preparation and cooking, highlighting areas of success and of potential further development. Answers should refer to: • dish production and selection • organoleptic including qualities. • improvements • presentation • health, safety, and hygiene • food waste.	Typed/written report/voice recording	1 3/4 hours	Supervision: Indirect Guidance: Direct Resources: Permitted Collaboration: Not permitted	AO3	[12]
2.4.2	(b)	Review your own performance. You should provide a review of your own performance. You should identify strengths and weaknesses and answers should refer to: • decision making • organisation • planning – including the advantages and disadvantages of your chosen dishes and how they meet the specific needs of the customers identified in the brief. • time management.	Typed/written report	1 3/4 hours	Supervision: Indirect Guidance: Direct Resources: Permitted Collaboration: Not permitted	AO3	[12]
						Total marks:	**[120]**

Customer 1: Assess the production of the presented dishes *(Resources: permitted)*

Customer 2: Assess the production of the presented dishes *(Resources: permitted)*

Review your own performance *(Resources: permitted)*

Review your own performance *(Resources: permitted)*