

Year 11 Food Preparation and Nutrition knowledge organiser Spring Term

**What's assessed:** Food preparation assessment (70 marks)

Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task.

Students will prepare, cook and present a final menu of three dishes within a single period of no more than three hours, planning in advance how this will be achieved.

**How it's assessed:** Written or electronic portfolio including: evidence of research and analysis of the chosen task

- ✓ evidence of making 3-4 dishes outside of the single 3 hour period to demonstrate technical skills. These dishes will be used to justify the choices of dishes for the final menu. There is an expectation that candidates will not simply re-make the same dishes.
- ✓ evidence of planning, preparing, cooking and presenting a menu of three dishes within a single period of no more than 3 hours.
- ✓ analysis and evaluation of the nutritional, cost and sensory properties of the three dishes

<b>Marking criteria:</b>	
Section	Description
<p><b>Section A: Researching the task (6 marks)</b> Students will research and analyse the culinary tradition related to the task</p>	<ul style="list-style-type: none"> <li>• Relevant, concise and accurate research that shows discrimination when selecting and acquiring information to answer the task.</li> <li>• Detailed understanding and analysis of the dietary group, life stage or culinary tradition.</li> <li>• Selected a varied range of relevant dishes closely reflecting the research and chosen task</li> </ul>
<p><b>Section B: Demonstrating technical skills (18 marks)</b> Students will make 3–4 dishes to showcase their technical skills</p>	<ul style="list-style-type: none"> <li>• Competently executes a wide range of complex technical skills/processes (eg filleting fish or cutting vegetables with precision and accuracy eg julienne) to produce excellent quality dishes.</li> <li>• Selects and uses appropriate equipment confidently and accurately.</li> <li>• Extensive review of technical skills that leads to appropriate and justified final dishes.</li> </ul>
<p><b>Section C: Planning for the final menu (8 marks)</b> As a result of demonstrating technical skills, students will provide explanation for the final three dishes related to eg ingredients, processes, technical skills, nutrition, food provenance, cooking methods and portion size.</p>	<p>Detailed review and full justification of the choice and appropriateness of the final three dishes related to the task and research eg nutrition, ingredients, cooking methods.</p> <ul style="list-style-type: none"> <li>• Detailed, realistic, logical and accurate plan including selecting appropriate techniques for the making of the final dishes.</li> <li>• The time plan will include accurate timings, reference to food safety, relevant and accurate dovetailing.</li> </ul>
<p><b>Section D: Making the final dishes (30 marks)</b> Students will prepare, cook and present a menu of three dishes within a single period of no more than three hours.</p>	<p>Competently executes a wide range of complex technical skills and processes to an excellent standard (such as filleting fish or cutting vegetables with precision and accuracy eg julienne) in the making of the three final dishes.</p> <ul style="list-style-type: none"> <li>• Selects and uses appropriate equipment with precision and accuracy.</li> <li>• The three final dishes show a high level of demand, complexity and challenge.</li> <li>• Final three dishes include a wide range of finishing techniques such as garnishing and decoration eg piping. All dishes are accurately presented with attention to detail and finished to an excellent standard.</li> <li>• Excellent evidence of time management. All three dishes produced very successfully within the three hour period. The student followed the time plan closely using the correct sequence with excellent linking and application of food safety principles.</li> </ul>

<p><b>Section D: Making the final dishes (30 marks)</b> Students will prepare, cook and present a menu of three dishes within a single period of no more than three hours.</p>	<ul style="list-style-type: none"> <li>• Competently executes a wide range of complex technical skills and processes to an excellent standard (such as filleting fish or cutting vegetables with precision and accuracy eg julienne) in the making of the three final dishes.</li> <li>• Selects and uses appropriate equipment with precision and accuracy.</li> <li>• The three final dishes show a high level of demand, complexity and challenge.</li> <li>• Final three dishes include a wide range of finishing techniques such as garnishing and decoration eg piping. All dishes are accurately presented with attention to detail and finished to an excellent standard.</li> <li>• Excellent evidence of time management. All three dishes produced very successfully within the three hour period. The student followed the time plan closely using the correct sequence with excellent linking and application of food safety principles</li> </ul>
<p><b>Section E: Analyse and evaluate (8 marks)</b> Students will carry out sensory evaluation and record the results for all of their practical dishes. For the final dishes, students will carry out and record nutritional analysis, costing and identify improvements to their dishes.</p>	<ul style="list-style-type: none"> <li>• Accurate nutritional analysis data for the three final dishes which is fully explained with conclusions and recommendations. Accurate and excellent knowledge of nutrition is demonstrated.</li> <li>• Detailed and appropriate sensory testing with detailed analysis and evaluation.</li> <li>• Final dishes are costed with the results of this costing analysed and explained.</li> <li>• Detailed, relevant and creative improvements suggested for the final dishes.</li> </ul>