

# FOOD, COOKING and NUTRITION

## Level 2

### Common Assessment Task

#### Work Requirements:

One practical activity from Unit 4 (out of a minimum of 8)

#### Assessment Type:

Short response in relation to a practical lesson

#### Criteria being assessed:

During the practical lesson you will be assessed against

- Criterion 5 - elements 1, 2 and 3

Food preparation report will be assessed against

- Criterion 5 - element 4

#### Suggested conditions:

- This task should take learners 2.5 hours in total for the creation of the response.
- This task requires an individual response by each learner.

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#### Task Description:

You will undertake a practical activity to cook dinner for a guest and write a food preparation report.

You have offered to cook dinner for a special guest that you have invited to your home. You will be working individually to prepare a chosen recipe, but you can ask your teacher for assistance during the planning process.

#### What you need to do:

1. You will need to plan the dinner
  - Choose a recipe with at least three components from reliable websites or cookery books.
  - Complete a food order prior to preparing your recipe.
  - Accurately complete a workflow plan prior to cooking.

**Note: you only need to plate one serve and may need to adjust the chosen recipe.**

2. Prepare the dinner
  - Work independently to prepare and cook your dish
3. Plate one serve. When plating up you need to consider:

- Wow factor – ensure your dish looks good, garnish it!
  - Presentation – elements are place neatly and attractively
  - Colour and contrast – components complement each other
  - Clean warm or cold plates – ensure any drips and spills are cleaned up before presenting.
4. Photograph your completed dish.
  5. Write a food preparation report. This needs to include:
    - A photograph of the prepared dish.
    - A copy of the original recipe with adjustments noted.
    - A short personal reflection about your presented dish.
    - An explanation of the food preparation methods used to prepare your chosen recipe.
    - A description of the basic methods of cookery used to prepare your chosen recipe.
    - Identify and explain 5 different food preparation methods that are not used in your recipe.

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#### Teacher use only - What needs to be submitted for assessment?

Learners respond to the questions in a separate document, clearly identifying each question number they are responding to.

Teachers will record observations and provided feedback, using an agreed proforma (example available for discussion).