

Oxford Cambridge and RSA Examinations



OCR GCSE IN HOME ECONOMICS (FOOD AND NUTRITION)

1973

**TEACHER SUPPORT: COURSEWORK EXEMPLAR MATERIAL
INCORPORATING COURSEWORK ADMINISTRATION PACK**

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1 INTRODUCTION

The purpose of this Exemplar Material booklet is to inform and to support Centres in preparing for the Home Economics (Food and Nutrition) coursework (internal assessment).

General Coursework Guidelines

Candidates are required to complete one Individual Task and two Resource Tasks.

The Individual Task can be of the candidate's own choice from an area of interest in the subject content. It requires a problem solving and investigative approach. It is advised that the Individual Task takes 12-14 hours to complete and is undertaken during the latter part of the course. The Individual Task carries 30% of the assessment for the course.

The Resource Tasks are short, focused assessments with the emphasis placed on the implementation of practical skills. Teachers may choose the Resource Tasks from those given in Section 6 of the specification booklet or they may choose to set their own tasks in accordance with the guidance provided. It is expected that each Resource Task can be completed in 2-3 hours. It is suggested that Resource Tasks are undertaken throughout the course as part of the learning process, with two tasks selected for final assessment. Each Resource Task carries 10% of the assessment for the course. Detailed guidance on the selection and marking of internally assessed work is given in Section 6 of the Specification.

Two examples of candidates' work are provided in this booklet. Both examples were produced by candidates and annotated by the teacher to illustrate the level of annotation required to enable OCR to moderate the coursework.

Teachers are encouraged to use this booklet in conjunction with the relevant sections of the specification booklet, in particular Section 6 and Section 7.

2 EXEMPLAR MATERIAL

SAMPLE 1

ANALYSIS [6]

Changes to meet new criteria

- Statement of area chosen
- More detailed research into convenience food processing before deciding to concentrate on freezing, using a variety of sources
- Aim for questionnaire
- Produce charts etc. to show outcome of questionnaire
- Possibly evaluate results of questions
- Detailed research into home freezing and packaging
- Criteria for completion may be ‘what do I need to do now to answer this task?’ rather than necessarily being a product specification

DEVELOPMENT [8]

Changes to meet new criteria

- Show how well each of the suggested dishes matches the criteria/ specification in order to demonstrate sorting of ideas
- Look at what is available commercially so that comparisons can be made as specified
- Explain and record clearly any trialing of dishes undertaken that contributed to the final decisions [it is not clear if practical testing went on]
- Refer in more detail to included nutritional data within justification of choices

PLANNING [8]

Changes to meet new criteria

- Record **all** practical activities to be undertaken [it is not clear that comparison with commercial products is to be carried out]
- Plan how comparison work will be organised and carried out
- Design, possibly using IT, recording sheets for use in the comparison work
- Identify possible problems and solutions
- List ICT resources

EXECUTION [24]

Changes to meet new criteria

- Complete detailed and accurate record of all practical work undertaken throughout the task

EVALUATION [14]

Changes to meet new criteria

- Aim to make more justified evaluative comment **using evidence**, within the final summative evaluation



Sample!

HOME ECONOMICS (FOOD AND NUTRITION) 1973

MARK SHEET - INDIVIDUAL TASK

RECOGNISING ACHIEVEMENT

Centre Number _____ Candidate Number _____ Candidate Name _____ Date _____

Task Title *Can I produce some interesting and nutritious dishes to freeze in batches for when I am unable to cook my meal at a later date, for convenience?*

Assessment Area	Maximum Mark	Achieved Mark	Teacher Comment
Task Analysis	6	4	<i>Analyzed task. Identified and explained factors to consider. Recognised most important factors. Suggested sources of info. Devoted out-of-class research to define task clearly.</i>
Development	8	6	<i>Applied info. generated from research when suggesting ideas. Showed how ideas had developed. Made reference to original factors.</i>
8			<i>Appropriate solution to task chosen.</i>
Planning	8	5	<i>Detailed plan of action included for each item of action for each practical given, showing ability to acquire food, materials, methods and equipment listed.</i>
Execution	8	(5/8)	<i>Showed use of charts, samples.</i>
(i) organisation	8	} $\frac{18}{24}$	<i>Demonstrated high level of organization. Good use of time. Economical with. Selected correct materials to overcome problems.</i>
(ii) skills	8		<i>Correct use of methods and techniques. Showed good understanding. Independent work.</i>
(iii) outcome	8		<i>Produced quality outcome which is appropriate and fits the spec. for task. Results chart.</i>
Evaluation	14	11	<i>Reviewed all aspects of work done. Identified strengths and weaknesses, suggested improvements.</i>
Total	60	44	<i>Drawn logical conclusions from evidence generated. Evaluated effectiveness of chosen solution. Referred back to original task.</i>

A good effort.

SAMPLE 1.

Individual task Record of all practical work undertaken throughout the task

Date	Work /activity	Organisation	Skills	Results/ outcome	Findings/ conclusions	Teacher comment
①	Development :- TESTING OF SOUPS WHEAT + POTATO	}	ACCURATE COMMENTS INCLUDING ALL ASPECTS OF PRACTICAL ANALYSIS ETC.		WHEAT + POTATO. BES FLOUR UNCOMPLICATED SUPPLIES ENERGY	
	TOMATO CARROT + CORIANDER					
	EXECUTION.					
②	WHEAT + POTATO SOUP	}	PRECISE AND ACCURATE COMMENTS WITHIN EACH AREA			
	PEPPERONI PIZZA					
③	NAPOLITANA.					
④	FUNCTIONAL ANALYSIS. COMPARISONS SOUP. PIZZA PASTA SAUCE	- USING FOOD FOR APC			SUMMARY OF FINDINGS.	
⑤	TASTE TESTS.				FINDINGS FROM ALL COMPARISONS.	
⑥	COSTING.					

you don't
need to include all
the questionnaires
- look again at
star diagrams
- show ways of
recording results
samples.

GCSE

Food and nutrition

Course



Individual task

By _____

Can I compare a convenience food with a home made dish

Are some convenience foods more convenient than others

Could I do some primary research eg surveys/questionnaires to help find answers to my questions

Could I do some secondary research to help me gain more knowledge of what a convenience food really is

What are convenience foods

Are convenience foods just as nutritious as fresh foods

Could I look at the variety available in the local supermarket

Convenience Foods Brainstorm
Of ideas

Could I produce my own convenience foods in batches and store them for use later on

Do convenience food products have warnings for people with health problems

What types of people buy these foods

Are they too costly for convenience

How many people buy them and why

My choice of task

For this project, I have decided to study convenience foods, because I was really interested in this topic when I carried it out a few months ago. I was interested in looking at how fresh food compared with a convenience food bought from Tesco's.

For this task I would like to take it slightly further and look at whether they are nutritious and the variety available. I could make some dishes of my own with the ideas I gain and see if I could make them in batches to freeze at home ready for when I am unable to prepare and make my own.

I could look at other aspects to see why people are buying convenience foods.

I could also go to my local superstore and carry out some surveys to see which convenience foods are nutritious and what the store would recommend.

This will come under the primary research I intend to carry out.

I have thought of a title after looking carefully at my brainstorm. You will find it on the next sheet along with the methods I will use to carry out my research.

✓ analysis

Primary research

The primary research I intend to carry out will include surveys and questionnaires.

I will produce a questionnaire for people to fill in to help me gain answers to my questions or hypotheses.

My questions will be based on what I have talked about on the last sheet and possibly some secondary research that I will carry out to help develop my ideas further.

I will also produce a survey to fill in when I visit my supermarket to help me look at the nutritional values of convenience products and the ranges available. ✓ analysis

Hopefully the completed surveys and questionnaires will give me an idea of what to produce for my batches. ✓

Secondary research

The secondary research I intend to carry out will be the use of food and nutrition text books, magazines, recipe books, looking at old information guides from supermarkets, and using the computer software and internet provided to find out more about the task and some of the nutritional values of certain products. ✓ source of information

My diary of the task

11th-20th October

Task analysis

- Look back in G.C.S.E. folder to help find some ideas.
- Brainstorm to find out the ideas which I think will be best to try.
- Collect data or information from books, magazines, newspapers, supermarket handouts, the internet to help me carry out some secondary research.
- Plan some questionnaires and surveys for primary research to answer questions from friends and relatives etc.
- Go to the local supermarket and look at the ranges of products available, see if they are selling well.
- Look back at original planning and questionnaires to identify relevant information to draw conclusions.
- Decide on a task title/a main question.

20th October-8th November

Development

- Continue to research for further ideas.
- Use information from both primary and secondary research to list possible ideas/products for trying.
- Give reasons for my choices and find out whether they are nutritious or not.
- Plan a tick or cross table for the testing and tasting panels.
- Use my results to find or select a dish to prepare for the practical session.
- Take down methods or recipes for each idea that I will prepare.(Specifications)

Planning

- Write out a time plan to show my every move and intentions for the practical work.
- Try and use time efficiently and plan for things which are relevant to any practical work.
- Make a plan of my charts/tables, pie charts, star diagrams etc.(for testing my specifications)
- List the ingredients that will be used, tools/equipment, methods. Look back through ideas and try to see if any problems could arise when the practicals are carried out.

✓ Plan for task

8th-24th November

Execution

- Show that I can organise myself and work area well for a safe working environment.
- Use every bit of time efficiently.
- Try and use every scrap of ingredients to minimise waste.
- Use the right equipment and ingredients for the practical.
- Be able to change plans in the event of a problem.

Skills

- Show the best of my skills in order to do the practical correctly and efficiently.
- Use a range of equipment/tools which could save time and be more efficient for the certain task.
- Try to use "special equipment/tools" to show that I have a further understanding of technology. e.g. Wok.

Outcome

- Practical work should look attractive, served in the correct container or dish and garnished appropriately.
- Carryout testing and testing panels with tick/cross charts to get opinions for my final conclusions.
- Produce all results on charts or graphs using my computer.
- Take photographs of the dishes.
- Any other material that I produce which has to be submitted e.g. Posters, adverts, leaflets etc.

24th-1st December

Evaluation

- Write about or discuss the question area carried out for this piece of work.
- Talk about any decisions that were made or changes which might have affected the work in any way.
- Talk about the things that were good in the project and the things that could be improved.
- Talk about the dish itself - mention the areas like Appearance, flavour, texture, taste, shelf life/storage, nutritional content, cost, labelling etc.
- Talk about what I have learnt from this project or found out.
- Come to final conclusions.

Bibliography

- Write down which books where use or magazines or websites were visited.

Plan for task

Secondary research

Many people in the world today think it is trendy to eat more convenience foods. Approximately 35% of the average food bill is accounted for convenience foods. ✓

Research shows that single adults living on their own buy the most convenience foods in this country compared to families even though they are very popular in families with children. ✓

Many people think that foods are convenient, but in 1959 the Ministry of agriculture, fisheries and foods (MAFF) researched some foods and found that convenience foods do not include yogurt, ice cream and frozen meat, because these aren't processed foods. ✓

The types of convenience foods include ready prepared foods, canned/tinned, bottled, cartons, frozen or chilled foods and dried foods. ✓

As we know lots of foods can be frozen in batches at home, but we need to know what the types of freezing there are and how certain food should be stored. ✓

Freezing is important to stop micro organisms from multiplying in the food when storing it in your batches. Micro organisms grow when warmth, moisture and food are present. Freezing helps slow down the multiplication process, but doesn't stop it completely. Slow freezing is a bad way to freeze food, because bigger ice crystals form in the food which break cell walls of any meat or vegetable product. Fast freezing is a much better way of freezing food due to the fact that smaller ice crystals are formed which does hardly any damage to the food at all. The food product must be frozen between 0 degrees centigrade and -4 degrees centigrade in the space of 30 minutes in order for it to fast freeze. ✓

When keeping frozen food the temperature must be kept at -10 to -18 degrees centigrade if we were to freeze our foods in batches. ✓
research

Before vegetables in particular are frozen some people tend to blanch them by dipping them in boiling water. This helps to keep nutrients for example vitamin C from escaping when you boil them after you have frozen them. This helps seal the nutrients inside and kills some of the micro-organisms.

Defrosting your food is equally important. You must cook your food and eat it soon after it has been taken out of the freezer in order to prevent the micro-organisms growing and multiplying again.

Cooking or re-heating your food again after it has been cooked from frozen can result in food poisoning because you have given the bacteria and micro-organisms the chance to multiply again.

Here is a list of some convenience foods:

Apple pies
Mince pies
Bottled/canned drinks
Soups
Pizza
Crisps
Ready meals
Breaded fish
Pasta
Herbs or pulses
Cereals
Fruit juice
Vegetables
Chocolate bars
Sauces
Chips
Tomato puree
Baked beans
Rice

The list can be endless but
These are a few suggestions.

Primary research



Also continued in the development section of this project

6) Do you think convenience foods are as nutritious as fresh foods? Yes No (please circle)

7) Why do you use convenience foods?

.....
...
.....
...
.....
...
.....
...

8) Do you cook lots of food and then store it in you freezer for later use? Yes No (please circle)

9) When you buy convenience foods do you buy.....

- Cans
- Cartons
- Dried foods
- Frozen foods (e.g. battered fish)
- Chilled foods (e.g. ready meals)
- Foods in plastic wrappers or tubs

(please circle)

Thank you for helping me with my research on convenience foods.

A Questionnaire on Convenience foods

Could you spend some of your time to answer my questionnaire. You may put more than one answer.

1) Do you use convenience foods? Yes/No
(please circle)

2) How often do you use them? (please circle)

Daily

Weekly

Occasionally

Never

3) Do you use convenience foods.....

(a) as part of a main meal?

(b) as one complete meal?

(please circle)

4) Which convenience foods do you use often?

(please list and please note that yogurt, ice cream and frozen meat are not convenience foods)

PORK PIE; PASTA; TINS OF FRUIT;
TINS OF VEGETABLES; FROZEN VEGETABLES;
DRIED PULSES AND HERBS; PACKETS OF CEREAL;
TINS OF SOUP; PACKETS OF SOUP; BISCUITS;
CARTONS OF CREAM; CARTONS OF FRUIT-JUICE
PACKETS OF CHEESE AND CHEESE SLICES.
OCCASIONALLY FISH FINGERS OR BOIL-IN-BAG FISH.
CHOCOLATE BARS ie. MARS BARS, WISPA, TWIX etc.

5) Do you think convenience foods are easy to cook?

Yes/No (please circle)

(When they need any cooking).

6) Do you think convenience foods are as nutritious as fresh foods? Yes No (please circle)

7) Why do you use convenience foods?

.....
... REDUCES FOOD PREPARATION TIME

... SOME BRANDS ARE VERY TASTY

... ADDS VARIETY WHEN USED TO AUGMENT FRESH FOODS

8) Do you cook lots of food and then store it in you freezer for later use? Yes/No (please circle)

FREEZE HOME GROWN VEG; BOTTLE HOME GROWN FRUIT; MAKE JAM AND MARMALADE.

9) When you buy convenience foods do you buy.....

Cans

Cartons

Dried foods

Frozen foods (e.g. battered fish)

Chilled foods (e.g. ready meals)

Foods in plastic wrappers or tubs

(please circle)

Thank you for helping me with my research on convenience foods.

My Title

Can I produce
some interesting
and nutritious
dishes to freeze
in batches for
when I am unable
to cook my meal
at a later date for
convenience? ✓

Specification

The specification will give me an idea of what the products I come up with for the practical sessions should be like and whether they will fit under the specifications I make.

These are my specification ideas:

It must be able to freeze in batches

It must be quick to cook and must involve some simple skills

It should be nutritious

A range of different equipment should be used

It must be suitably garnished and look attractive

It should be able to be stored for a few months (Increased shelf life)

Its cost should compare with any other product, which is similar to it, or it must be cheap to make

Time should be used efficiently and waste should be minimal

The product should be compared with another one that has been bought to see which of the two is better

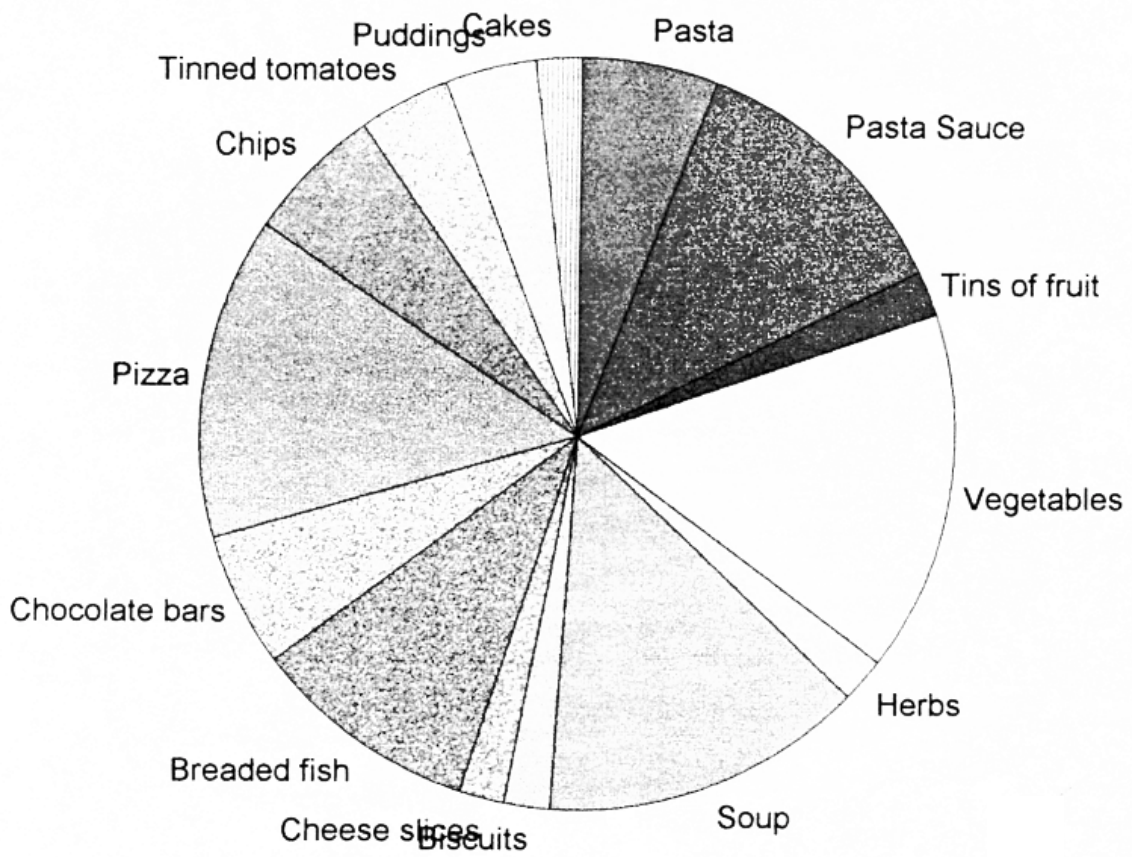
Development

I carried out some more research and I have also had a look back at the questionnaires people have filled in for my primary research. The other research I carried out determines what three dishes I will prepare in the practical sessions. To determine what I am going to make I will have to consider whether it involves any skill, how long it will take, and whether it can be stored in batches. More importantly I will have to make sure the dish is nutritious by checking its nutritional values.

I will look at my results on the questionnaires and build up some ideas of what I should make. To determine what I make I will have to write up a specification and each of my dishes must fit into the specification before I make it. I will build up a chart of what people commonly use and then build up ideas off these. The chart of my results for the questionnaire is on the next page with my reasons to cook a certain dish.

A chart to show the convenience food that people I have surveyed use the most of.

<u>Type of food</u>	<u>No. of people</u>	<u>Percentage</u>
Pasta	3	5.9
Pasta Sauce	6	11.8
Tins of fruit	1	2.0
Vegetables	8	15.7
Herbs	1	2.0
Soup	7	13.7
Biscuits	1	2.0
Cheese slices	1	2.0
Breaded fish	5	9.8
Chocolate bars	3	5.9
Pizza	7	13.7
Chips	3	5.9
Tinned tomatoes	2	3.9
Puddings	2	3.9
Cakes	1	2.0
<u>Total:</u>	51	100.0



class.

Looking at my chart I have found that most people tend to eat soups, Pizzas and vegetables for convenience. I am going to research and produce three recipes to fit under my specification and will possibly include the three foods mentioned. I will look at recipe books, which will include the three specific foods and build up an idea of what I will produce. I will have to pick out my three to produce very carefully, because the nutritional value is important plus the time given in each practical. des

After looking in recipe books my possible recipe ideas were:

A roast chicken dinner with vegetables

A macaroni cheese

Leek and potato soup

Lasagne

Spaghetti

Tomato soup

Pepperoni pizza

Broccoli and cream cheese bake

Napolitana (Dish with pasta and tomatoes)

Carrot and coriander soup

Cheese and tomato pizza

Ham and pineapple pizza

Mushroom pizza

I have chosen these recipes, because they seem to fit into my specification and they contain the three foods which people tend to have most of. After trying some of these dishes out I found that the Leek and potato soup was easy to make and more tasty than the other two soups. Its nutritional values (shown in the planning part of this project) proved to be good and it provided energy unlike the other two soups. It seems to freeze well too. It could be made and frozen in batches easily.

I chose the pepperoni pizza for the second dish to be prepared in a practical because it was easy to make in the time allowed. It involved quite a bit of skill when making and rolling out pastry and chopping certain bits to go on the pizza for the topping. I found that this was an interesting dish and a bit spicy as well. It's nutritional content is very good and covers all nutritional areas like Carbohydrates, protein, fibre and vitamins. The pizza froze reasonably well and tasted near enough the same when it was fresh. ✓

I have chosen the Napolitana because it contains pasta and it is generally quite easy to make as a main meal. Its nutritional values are particularly healthy and it contains a good after taste as well. I thought it would be a good idea to freeze the tomato sauce, which goes with this dish before adding it to the pasta, because pasta tends to dry out when it's frozen. ✓

Planning and results charts for main practicals

Recipes and food tables

The reasons for my choices are after each recipe and food table.

Cream of leek and potato soup

Ingredients:

- 3 Medium sized leeks
- 1 Small onion
- 3 Medium sized potatoes
- 1 oz Butter
- 2 Pints of chicken stock (ready prepared)
- Salt and pepper
- 2 Tablespoons of cream (optional)

ingredients

Method

Peel the onions and slice them evenly. Peel the potatoes and slice them evenly also. Clean the leeks thoroughly and slice well. Lightly fry the vegetables in the butter for about 5 minutes until soft but not coloured. Add the stock and simmer over a low heat for about 25-30 minutes or until the vegetables are cooked. Put the soup in a blender until light and creamy in texture and return to the pan for further heating and re-seasoning and add the cream now if required. The soup is now ready to serve.

Equipment list

- | | |
|----------------------|-----------------------|
| Saucepan | Blender |
| Chopping board | A soup bowl and spoon |
| Chopping/sharp knife | A hob |
| Peeler | A wooden spoon |

✓ planning

equipment

Product

 **FOOD for a PC version3**

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Product

Number of portions

Further Information

g	Food	g Protein	g Fat	g CHO	g Sugar	g Starch	g Fibre	kCal	KJ	mg Na	mg Ca	mg Fe	µg VitA	µg VitD	mg VitC	mg VitE
100	Leeks (boil)	1.2	0.7	2.6	2	0	24.0	21	87	6	20.0	1	575	0	7	0.8
100	Onions (fry)	2.3	11.2	14.1	10	0	3.2	164	684	4	47.0	1	40	0	3	0.0
100	Spring Onions	0.9	0.0	8.5	9	0	2.8	35	151	13	140.0	1	0	0	25	0.0
100	Potato croquettes	3.7	13.1	22	1	21	1.3	214	893	420	44.0	1	0	0	2	0.0
100	Butter	1	82	0	0	0	0	737	3031	750	15	0	1245	1	0	2.0
100	Chicken Oxo Cubes	15	16	10	2	7.9	0.0	273	990	####	120	4.9	0	0.0	0.0	0.0
100	Single Cream	3	19	4	4	0	0	198	817	49	91	0	440	0	1	0.4
100	Pepper	10	2	0	0	0.0	0.0	0	0	0	270	14.3	0	0.0	0.0	0.0
100	Salt	0	0	0	0	0.0	0.0	0	0	####	29	0.2	0	0.0	0.0	0.0

✓ nutritional info

g	Product	g Protein	g Fat	g CHO	g Sugar	g Starch	g Fibre	kCal	KJ	mg Na	mg Ca	mg Fe	µg VitA	µg VitD	mg VitC	mg VitE
900	Totals	37	143	61	27	29	31	1642	6653	####	776	23	2300	0.9	38	3.2

g	Per Portion	g Protein	g Fat	g CHO	g Sugar	g Starch	g Fibre	kCal	KJ	mg Na	mg Ca	mg Fe	µg VitA	µg VitD	mg VitC	mg VitE
900	1	37	143	61	27	29	31	1642	6653	####	776	23	2300	0.9	38.0	3.2

g	Per 100g	g Protein	g Fat	g CHO	g Sugar	g Starch	g Fibre	kCal	KJ	mg Na	mg Ca	mg Fe	µg VitA	µg VitD	mg VitC	mg VitE
100		4	16	7	3	3	3	182	738	6259	86	3	255	0.1	4.2	0.4

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Planning

Time plan for leek and potato soup

<u>Time</u>	<u>Action</u>	<u>Special points</u>
2:55pm	Wash hands and put apron on. Get washing up water ready.	Turn the oven onto a low heat to warm up soup bowl.
2:58	Get the appropriate equipment needed for the practical.	Bring a container to transport food home in.
3:00	Put the saucepan on the hob and melt butter. Then fry the vegetables.	Make sure the hob is on full for frying, but don't let the vegetables change colour.
3:05	Add the stock and let the soup simmer for 25-30 minutes. Whilst waiting clean the area and wash the equipment used so far. Prepare area for presentation of the dish.	Don't forget to turn the heat down for simmering. Make sure the labels are clear and the table is laid accordingly.
3:35	Presentation of the soup. Carryout testing and tasting charts.	Garnish well and make sure of the seasoning.
3:40	Wash remaining tools and pack away.	Make sure everything is the same as when I arrived if not better!

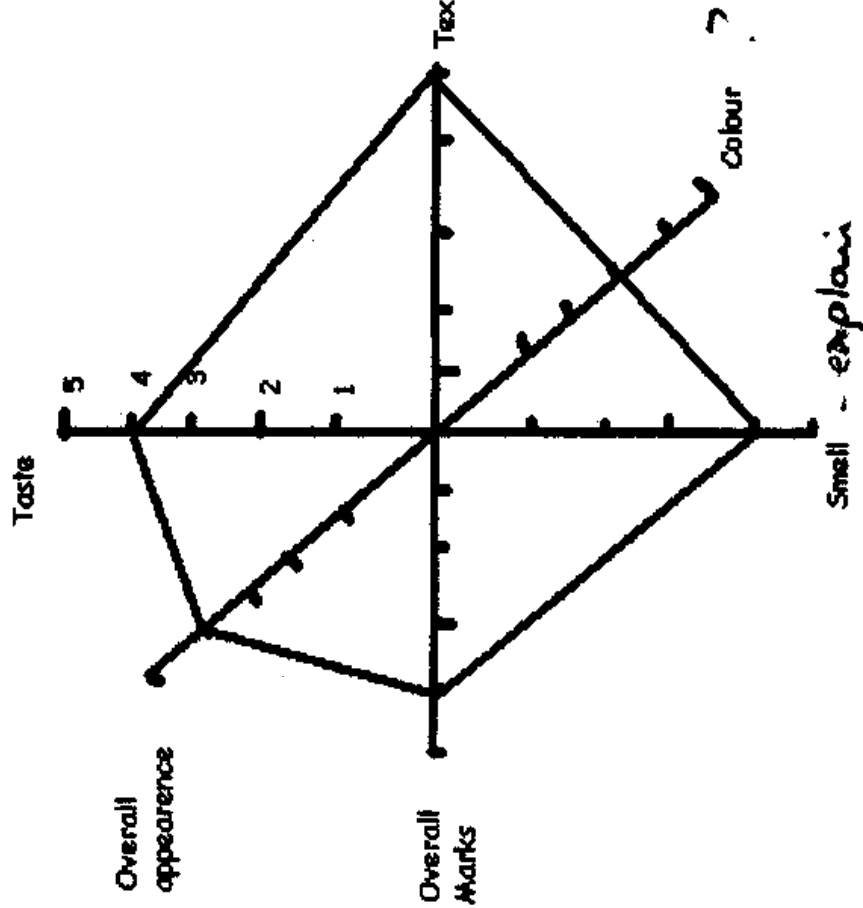
✓ planning

Testing and tasting panel chart for soup dish

Please use words or numbers to describe the dish. More than one person can answer.

<u>Taste</u>	<u>Texture</u>	<u>Colour</u>	<u>Smell</u>	<u>Overall outcome</u> (Out of 5)	<u>Do you think it is suitable to freeze in batches for later use</u> (Tally) Yes: ✓✓ No:
Delicious & Creamy		Good	Invising	4 1/2	
Good but a little more salt	V. good	Good	Smelled of leeks & potato	4 1/2	
Nice and Peppery	Smooth and Creamy	Looked just right	Lovely	5	

Star diagram for leek and potato soup



This tells me that the product was reasonable and perhaps the colour could be adapted.



Evaluation for Leek and potato soup

On the whole this practical went reasonably well. The comments I got from my testing and tasting charts proved that it was a good dish. The only draw back was the seasoning. I hadn't ^{problems} put enough salt in it so it tasted a bit plain. When I got the left over portion home I added a bit of salt and also a few herbs. It ^{improvements} tasted much better. Some of the comments I had for the soup told me that it was rich and creamy and another good comment I had was, "It was inviting". It definitely tasted of leek and potato.

I had presented this dish attractively with a garnish of parsley on top and I used a side plate to put a small portion of French bread on it. I used a piece of special equipment. I used the blender to help make my soup thicker and creamy and also to take out the little lumps of vegetables.

I found this very easy to make and lots of it could be made to freeze in batches in a short space of time. It is very handy when you come to want to use it, because all you need to do is re-heat it either in a pan or in the microwave.

A range of different stocks could be used depending on what you have available. Meat bones could be boiled to produce rich stock. Examples of these are Chicken, beef, ham and turkey. Another option is to use stock cubes, which again is convenience. You could use beef cubes or vegetable cubes depending on your diet.

A range of other vegetables could be used to make different soups for example Carrot and coriander or just potato soup on it's own. Cheese can be used to make soups for example ^{dew?} broccoli and stilton.

evaluation.

If you have a big freezer you can store lots of different soups in portions for as long as a month so you wouldn't have to go to the bother of making any for a long period. Soup can be very filling and therefore it could be used as just a snack or as part of a main meal. Looking back at the costing of the soup I found that it is cheaper to make the soup in batches than to go out and buy it so a lot more can be made for a very small amount of money. ✓

The soup would be on hand if you were a very busy person with limited time. The nutritional values tell me that it is a dish that contains a lot of energy. Although it contains lots of energy it also contains lots of other vital nutrients such as protein carbohydrates a bit of fat, and also vital vitamins and minerals. It contains a large amount of vitamin A and also quite a bit of calcium. It would be suitable for a growing child as well as the average grown up. ✓

When I compared this soup to the one I bought at Tesco's I found that mine was better in every way. It tasted better, it smelt better, it looked better and its nutritional value was better. Although mine contained more energy the other only just filled me up and so I had to have a snack before I went to bed.

✓ eval

Recipe for pepperoni pizza Oven temperature 220 degrees centigrade

Ingredients:

Base:

200g Self Raising flour
Pinch of salt and baking powder
50g of margarine
125ml of milk

Topping:

2 tablespoons of tomato puree
1 clove of garlic
2 medium sized tomatoes
100g Mozzarella cheese
10 slices of pepperoni
1 teaspoon of herbs de provence and oregano
A few sprigs of parsley for garnish

Method:

Grease a baking tray. Sift the flour into a bowl and add margarine. Rub the 2 together until you have breadcrumbs. Add some of the milk at a time. Mix together until you end up with a dough. Roll the dough out and lay it on the baking tray.

For the topping chop up the tomatoes finely along with the garlic, and cheese. Once these are chopped up spread the tomato puree on the base and then add the chopped ingredients. The tomatoes first then the garlic and lastly the cheese. Add the pepperoni and then add the herbs apart from the parsley which you will use for the garnish. Now the pizza is ready to put into the oven. Bake for 20-30 minutes or until the base is golden brown and the topping is cooked.

planning

Equipment list:

A container to carry pizza in

1 oven

1 baking tray

1 sieve

1 bowl

1 spoon

1 pastry board

1 chopping board

1 rolling pin

1 chopping knife

1 butter knife

1 fish slice or palette knife

✓ *planning*

Product

 **FOOD for a PC version3**

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Product

Number of portions

Further Information

g	Food	g	g	g	g	g	g	mg	mg	mg	mg	µg	µg	mg	mg	
g	Food	Protein	Fat	CHO	Sugar	Starch	Fibre	kCal	KJ	Na	Ca	Fe	VitA	VitD	VitC	VitE
100	S.R. White Flour	9.3	1.2	77.5	1	76	3.7	339	1443	350	350	3	0	0	0	0.0
100	Hard Margarine	0.2	81.6	1.0	1	0	0.0	739	3039	800	4.0	0	1415	8	0	0.0
100	Whole Milk	3	4	5	5	0	0	66	275	55	115	0	73	0	1	0.0
100	Tomato Puree	5	0	13	13	0.3	2.8	68	357	240	48	1.6	1300	0.0	38.0	5.4
100	Garlic	7.9	0.3	16.3	2	15	4.1	98	411	4	19.0	2	0	0	17	0.0
100	Raw Tomatoes	0.7	0.3	3.1	3	0	1.3	17	73	9	7.0	1	640	0	17	1.2
100	Mozzarella cheese	25	21	0	0	0	0	289	1204	610	590	0	410	0	0	0.3
100	Pepperami	22.3	51.1	0.6	1	0	0.0	551	2279	1790	11.0	2	0	0	0	2.0
100	Oregano	11	10	50	0	0.0	0.0	306	1280	15	1576	44.0	4140	0.0	0.0	0.0

g	Product	g	g	g	g	g	g	mg	mg	mg	mg	µg	µg	mg	mg	
g	Product	Protein	Fat	CHO	Sugar	Starch	Fibre	kCal	KJ	Na	Ca	Fe	VitA	VitD	VitC	VitE
900	Totals	84	170	166	25	91	12	2473	10361	3873	2720	53	7978	8.0	73	8.9

g	Per Portion	g	g	g	g	g	g	mg	mg	mg	mg	µg	µg	mg	mg	
g	Per Portion	Protein	Fat	CHO	Sugar	Starch	Fibre	kCal	KJ	Na	Ca	Fe	VitA	VitD	VitC	VitE
900	1	84	170	166	25	91	12	2473	10361	3873	2720	53	7978	8.0	73.0	8.9

g	Per 100g	g	g	g	g	g	g	mg	mg	mg	mg	µg	µg	mg	mg	
g	Per 100g	Protein	Fat	CHO	Sugar	Starch	Fibre	kCal	KJ	Na	Ca	Fe	VitA	VitD	VitC	VitE
100		9	19	18	3	10	1	274	1150	430	302	6	885	0.9	8.1	1.0

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Time plan for pepperoni pizza

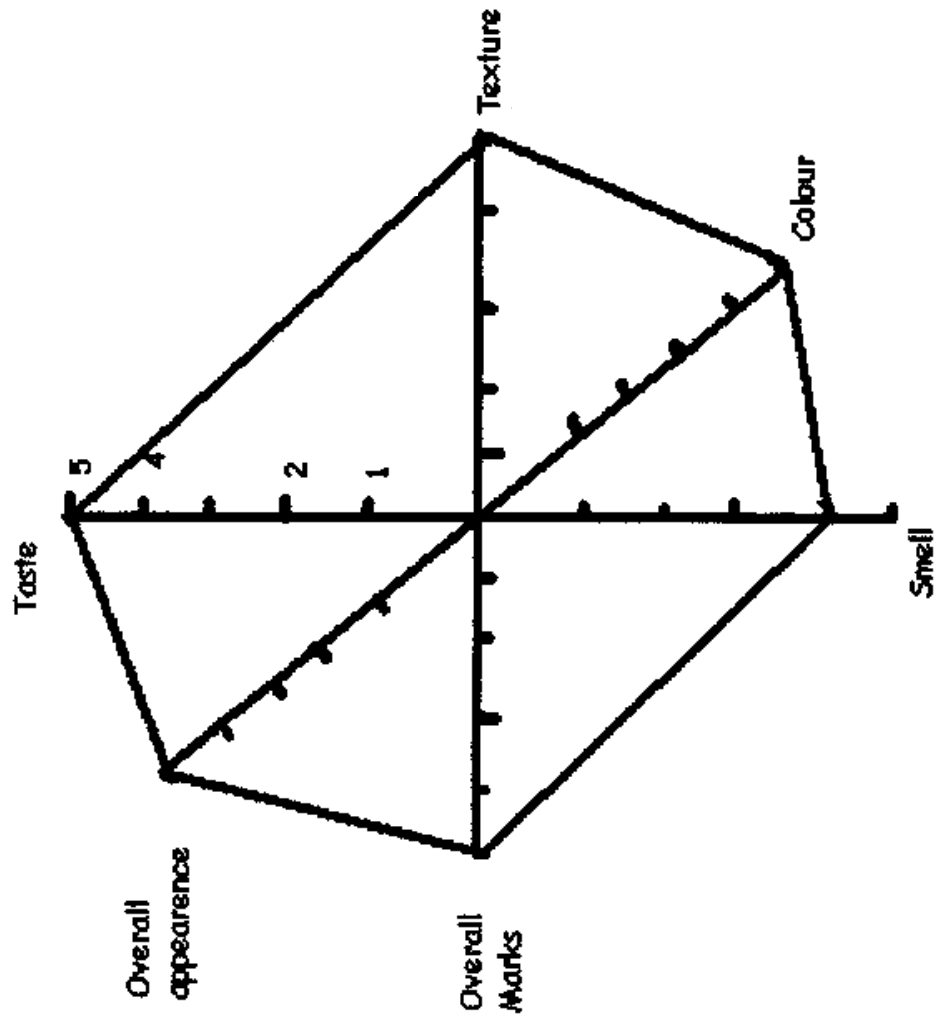
<u>Time</u>	<u>Action</u>	<u>Special points</u>
2:55pm	Wash hands and put apron on. Get washing up water ready.	Turn the oven onto a high heat (220 degrees c for the pizza and serving plate.
2:58	Get the appropriate equipment needed for the practical. Get testing and tasting charts out ready for the presentation. Grease baking tray also.	Bring a container to transport food home in.
3:00	Make the pastry for the base and roll it out and transfer to the baking tray. Prepare the topping.	Things to cut or prepare for the topping are garlic, tomato, cheese.
3:05	Add any other ingredients which needs adding as well as the topping. e.g. herbs	Cut the mozzarella finely so it can melt evenly.
	Put the pizza in the oven and whilst waiting for it to cook wash and clear away the equipment used so far.	Cook for 20-30 mins Make sure relevant material is clearly presented. Make sure the area is tidy and the table is laid properly.
3:35	Serve the dish:- Presentation of the pizza Carryout testing and tasting charts.	Garnish well with the parsley and put more oregano and herbs de provence on.
3:40	Wash remaining tools and pack away.	Make sure everything is the same as when I arrived if not better!

Testing and tasting panel chart for pepperoni pizza

Please use words or numbers to describe the dish. More than one person can answer.

<u>Taste</u>	<u>Texture</u>	<u>Colour</u>	<u>Smell</u>	<u>Overall outcome</u> (Out of 5)	<u>Do you think it is suitable to freeze in batches for later use</u> (Tally) Yes: " " No:
love ly gorgeous	Creamy smooth &	Great sturdy	Dam nice cloudy	5 5/6	
lively	A good mixture Crisp base smooth toppings	Colorful	Appetizing	4 1/2	
Very good	Crisp base smooth topping	Good mix of colours	Good.	4 1/2	

Pepperoni Pizza
Star diagram for look-and-potato-soup



Evaluation for pepperoni pizza

This pizza was very easy to make when I produced one in the practical session. My testing and tasting charts proved that it was a very good pizza in every way possible. Everyone was satisfied with my outcome and the star diagram proves this. There were no problems and it involved some simple but effective skills like pastry making/dough making. The base was the right texture and there was a good range of colours for the topping. The pizza had a definite taste of pepperoni and you could taste the cheese and tomato as well. I garnished the dish with a sprig of parsley. Two pieces of special equipment which I could have used were a pizza stone to serve the pizza on plus a pizza wheel to cut the pizza. The pizza stone can also be used to cook the pizza on as well as serve it.

Lots of different types of bases can be used to produce a pizza. These range from a bread dough to a scone based pizza. Pizzas are very versatile and any topping can be put onto one. Lots of different varieties have been tried for example ham and pineapple, cheese and tomato on its own, ham and mushroom, garlic and mushroom and so on. The list is endless.

I found this very easy to make. The base is easy enough and the topping is simple providing you know what you like. Pizzas can be frozen in many different ways. They could be frozen as the base only and the topping could be made later or the pizza can be frozen with the topping to save even more time. Dough is easier to use when making lots of pizzas, because more can be rolled out. Providing you have enough room in your freezer, you should be able to store a months supply of them as well as soups. Pizzas are easy to alter in size, because if you wish to have a smaller pizza then you can make the dough smaller or bigger to your liking and the depth could be altered also.

evaluation

Olives are a common form of garnish for a pizza plus a few sprigs of parsley.

Pizzas could be made to suit a specific diet for example if you were vegetarian a vegetarian topping would be used. Pizzas are also very commonly eaten as a snack as well as a main meal.

As my results for costing show, we can see that it is cheaper to make than to buy. I also compared the pizza with a bought one and I found that it had the same result as the soup. My pizza was obviously better. It tasted of all the ingredients I put in and its nutritional values were reasonable as well. There was more energy in my pizza than there was in the bought one. There wasn't much more fat than the bought one and there were many more vitamins in mine. The bought one didn't look appetising and it tasted quite rubbery and the texture was very chewy and hard. If I wanted to eat a pizza I would either make my own or go out for one.

Recipe for Napoletana (Pasta dish)

Ingredients:

2 teaspoons olive oil
2 cloves of garlic, chopped finely/crushed
3 sticks of celery, finely chopped
1kg tomatoes, peeled and finely chopped
1 tablespoon tomato puree
1 tablespoon chopped fresh basil
1 teaspoon caster sugar
1 bay leaf
Salt and pepper
2 tablespoons freshly grated parmesan cheese
Basil sprigs to garnish.

✓ planning

Method:

In a wok or large frying pan, heat the oil and cook the garlic and celery for 2 minutes.

Add the tomatoes, tomato puree, basil, sugar, bay leaf, salt and pepper and mix well. Cover and bring to the boil stirring, then simmer gently for 6-7 minutes stirring occasionally. Uncover and cook for 10 minutes, stirring occasionally. Remove the bay leaf. Serve with a garnishing of basil leaves, parmesan cheese and serve with cooked peppardelle or another form of pasta.

Equipment list:

1 teaspoon
1 tablespoon
1 chopping knife and board
1 wok and hob
1 saucepan
1 wooden spoon
1 knife and fork with correct serving plate

✓

Product

 **FOOD for a PC version3**

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Product

Number of portions

Further Information

g	Food	g	g	g	g	g	g	mg	mg	mg	µg	µg	mg	mg		
g	Food	Protein	Fat	CHO	Sugar	Starch	Fibre	kCal	KJ	Na	Ca	Fe	VitA	VitD	VitC	VitE
100	Olive Oil	0.0	99.9	0.0	0	0	0.0	899	3696	0	0.0	0	0	0	0	5.1
100	Garlic	7.9	0.3	16.3	2	15	4.1	98	411	4	19.0	2	0	0	17	0.0
100	Raw Celery	0.5	0.2	0.9	1	0	1.6	7	32	60	41.0	0	50	0	8	0.2
100	Raw Tomatoes	0.7	0.3	3.1	3	0	1.3	17	73	9	7.0	1	640	0	17	1.2
100	Tomato Puree	5	0	13	13	0.3	2.8	68	357	240	48	1.6	1300	0.0	38.0	5.4
100	Basil	3	1	5	0	0.0	0.0	40	169	9	250	5.5	3950	0.0	26.0	0.0
100	Castor Sugar	0	0	105	105	0.0	0.0	394	1681	0	2	0.0	0	0.0	0.0	0.0
100	Pepper	10	2	0	0	0.0	0.0	0	0	0	270	14.3	0	0.0	0.0	0.0
100	Salt	0	0	0	0	0.0	0.0	0	0	####	29	0.2	0	0.0	0.0	0.0
100	Parmesan cheese	39	33	0	0	0	0	289	1204	1090	1200	1	650	0	0	0.7

✓
nutritional information

g	Product	g	g	g	g	g	g	mg	mg	mg	µg	µg	mg	mg		
g	Product	Protein	Fat	CHO	Sugar	Starch	Fibre	kCal	KJ	Na	Ca	Fe	VitA	VitD	VitC	VitE
1000	Totals	67	136	143	123	15	10	1812	7623	####	1866	26	6590	0.2	106	12.6

g	Per Portion	g	g	g	g	g	g	mg	mg	mg	µg	µg	mg	mg		
g	Per Portion	Protein	Fat	CHO	Sugar	Starch	Fibre	kCal	KJ	Na	Ca	Fe	VitA	VitD	VitC	VitE
1000	1	67	136	143	123	15	10	1812	7623	####	1866	26	6590	0.2	####	12.6

g	Per 100g	g	g	g	g	g	g	mg	mg	mg	µg	µg	mg	mg		
g	Per 100g	Protein	Fat	CHO	Sugar	Starch	Fibre	kCal	KJ	Na	Ca	Fe	VitA	VitD	VitC	VitE
100		7	14	14	12	1	1	181	762	4022	186	3	658	0.0	10.6	1.3

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Time plan for Napolitana

<u>Time</u>	<u>Action</u>	<u>Special points</u>
2:55pm	Wash hands and put apron on. Get washing up water ready.	Turn the oven onto a low heat for the serving plate.
2:58	Get the appropriate equipment needed for the practical. Get testing and tasting charts out ready for the presentation.	Bring a container to transport food home in.
3:00	Put the wok on the hob and put oil in. Then fry the garlic and celery.	Make sure the hob is on full for frying.
3:05	Add all of the other ingredients apart from basil sprigs, parmesan cheese and papperdelle. Whilst waiting, clean the area and wash the equipment used so far. Prepare area for presentation of the dish. I could put the pasta on to boil.	Don't forget to mix the ingredients every so often and cover. Make sure the labels are clear and the table is laid accordingly.
3:35	Serve the dish:- Presentation of Napoletana. Carryout testing and tasting charts.	Don't forget the pasta. Garnish well with the basil and parmesan cheese.
3:40	Wash remaining tools and pack away.	Make sure everything is the same as when I arrived if not better!

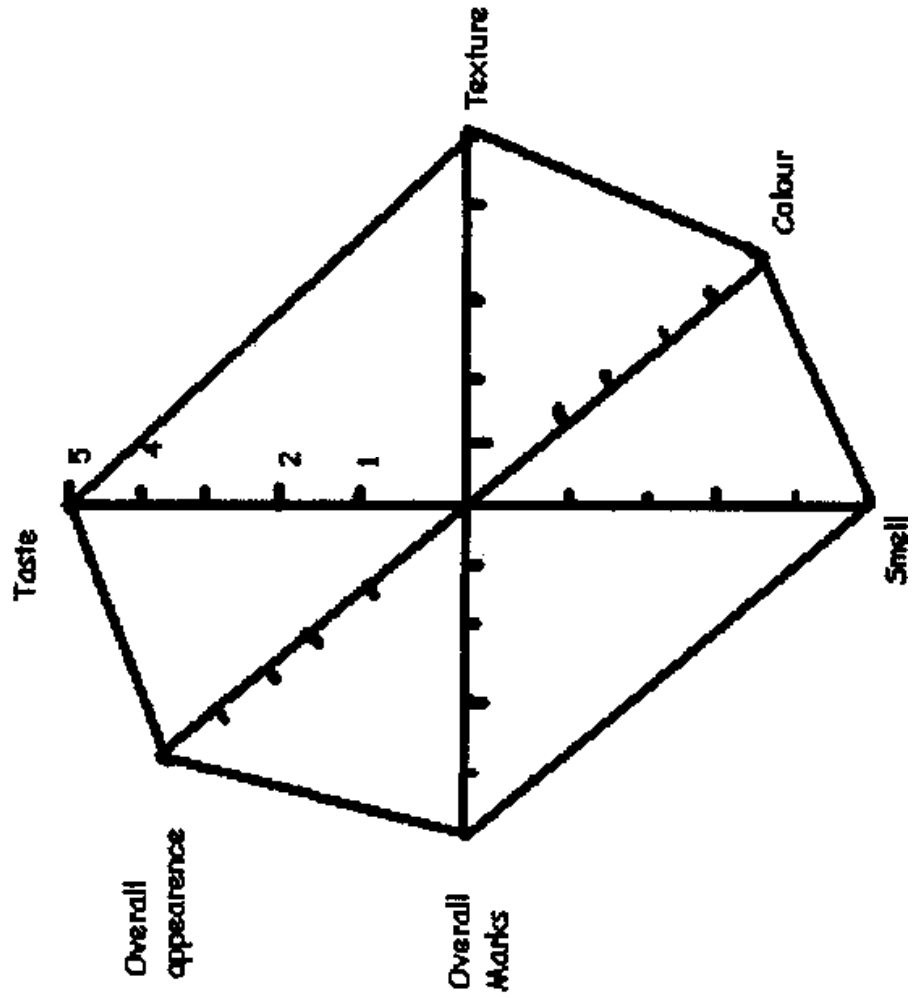
✓ planning

Testing and tasting panel chart for Napoletana

Please use words or numbers to describe the dish. More than one person can answer.

<u>Taste</u>	<u>Texture</u>	<u>Colour</u>	<u>Smell</u>	<u>Overall outcome</u> (Out of 5)	<u>Do you think it is suitable to freeze in batches for later use</u> (Tally) Yes: III No:
Nice tomato taste	Good	Good	Aromatic	4½	✓ results.
Quick tomatoey	Quite soft on Creamy	Appealing	Appetizing	5	
Tomato	Smooth with creamy bits	Colorful	Appetizing	5	

Napolitana
 Star diagram for leek-and-potato-soup



Evaluation for Napolitana

When I had carried out this practical I thought that everything went according to plan. Again I got very good comments from my testing and tasting charts. These results and the star diagram proved that the dish was good. Everyone thought the tomato taste was good, they like the nice smooth and creamy texture and the colour was very appealing. The overall result told me that the dish was very good. I had presented this dish with a sprig of parsley, a sprig of basil and a sprinkling of parmesan cheese. I used one piece of special equipment. I used a wok to cook the tomato sauce in and the lid was very useful for steaming it to stop all of the tomatoes' juices evaporating. All of the tastes could be tasted in the Napolitana. The basil and bay leaf helped to give the tomatoes an exotic flavour as well.

This was quite easy to make, but it would be easier to make the tomato sauce on its own in a large quantity and then add the pasta when you come to want the Napolitana. The pasta wouldn't be suitable to freeze as it dries it out when frozen. It is possible for the tomato sauce part to be made in batches and then frozen. It could be easily re-heated in the microwave or in a pan and then the pasta could be added afterwards. Pasta is a convenience food anyway, because it is such a simple food.

A variety of ingredients could be added to this basic tomato sauce, such as chillis, peppers, mushrooms, spices i.e. cumin, curry powder or five spice to flavour and use in different dishes. It could also be used as a basis for spaghetti bolognese or a lasagne dish.

Although this was more expensive than the pasta sauce that I used for comparison, the dish I made tasted better in my opinion, because the sauce soaked into the pasta and combined well. It cost more, because I made a larger quantity than I bought at Tesco's.

The nutrition of this dish was very good compared to that of the bought pasta sauce. My pasta sauce contained more protein, energy, carbohydrate and vitamins than the bought.

Many convenience foods contain preservatives and E-numbers that affect the product's taste and colour.

(More information on the next page)



Costing of each dish and comparing

Leek and potato soup

- 3 medium sized leeks - £0.20
- 1 small onion - £0.05
- 3 medium sized potatoes - £0.15
- 1 oz Butter - £0.08
- 2 pints chicken stock - £0.05
- Salt & pepper - £0.01
- 2 tablespoons single/double cream - £0.08

Total: £0.62

Pepperoni pizza

- 200g self raising flour - £0.07
- Pinch of salt and baking powder - £0.01
- 50g margarine - £0.05
- 125ml milk - £0.08
- 2 tablespoons tomato puree - £0.06
- 1 clove garlic - £0.02
- 2 medium sliced tomatoes - £0.10
- 100g Mozzarella cheese - £0.85
- 10 slices of pepperoni - £0.30
- 1 teaspoon mixed herbs and oregano - £0.01
- Parsley to garnish - £0.01

Total: £1.56

Napolitana

- 2 teaspoon olive oil - £0.05
- 2 cloves garlic - £0.04
- 3 sticks celery - £0.10
- 1kg tomatoes - £1.08
- 1 tablespoon tomato puree - £0.03
- 1 tablespoon fresh basil - £0.02
- 1 teaspoon castor sugar - £0.01
- 1 bay leaf - £0.01
- Salt & pepper - £0.01
- 2 tablespoons grated parmesan cheese - £0.25
- Basil sprigs - £0.01

Total: £1.61

Please note that each of these recipes are for four people

In the half term holiday my mum and I went to Tesco's. We bought some convenience foods to compare the ones which I made in the practical sessions. We bought Leek and potato soup, A pepperoni pizza and some pasta sauce which was rich with tomatoes. We then cooked these foods and compared them to the ones I had made at school. They were nothing like what I had made. They were worse. The main areas each of them fell down on were the taste, smell and appearance. I thought this shows that freshly made foods in batches taste better.

The costs of the three items are as follows:

Leek and potato soup: £0.99

Pepperoni pizza: £1.99

Tomato Ragu: £0.85

✓ Comparison

I chose to buy the pasta sauce, because there weren't any other foods which compared to my Napolitana. The soup and pizza are cheaper to make than to buy, but the napolitana is slightly more