

expensive to make. Therefore you are better off making your own convenience foods. Here are a few examples of the packaging the products came in:

**PREPARATION GUIDELINES:**  
For best results always cook from frozen.  
All appliances vary, the following are guidelines only.

<b>To Oven Cook</b>	Remove from all packaging. Place pizza directly onto the top shelf of a pre-heated oven 190°C/375°F/Gas Mark 5 for 25-30 minutes.
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**Not Suitable for Microwave Cooking.**  
Adjust times according to your particular oven. (For fan assisted ovens cooking times should be reduced. For best results refer to manufacturer's handbook).  
Check food is piping hot throughout before serving.

LESS THAN 10% MEAT

**i** **INGREDIENTS:**  
Wheat Flour, Tomato Purée, Mozzarella Medium Fat Soft Cheese, Pepperoni Cured Pork and Danish Beef Sausage (with Antioxidant: Sodium Ascorbate; Preservative: Sodium Nitrite), Reconstituted Dried Skimmed Milk, Yeast, Modified Starch, Salt, Sugar, Soya Flour\*, Garlic Purée, Emulsifier (Mono and Di-Acetyltartaric Esters of Mono and Di-Glycerides of Fatty Acids), Dried Basil, Dried Oregano, Flour Treatment Agents (Ascorbic Acid, L-Cysteine Hydrochloride), Black Pepper.  
\*Genetically modified.

**STORAGE INSTRUCTIONS:**  
Keep frozen and use within the following periods:  
Ice making compartment: 3 days.  
Star marked frozen food compartments:  
★ 1 week  
★★ 1 month  
★★★ } Until best before date  
★★★★ }

**IMPORTANT: ONCE DEFROSTED, DO NOT REFREEZE.**

**TESCO QUALITY:**  
We are happy to refund or replace any Tesco product which falls below the high standard you expect. Just ask any member of staff.  
This does not affect your statutory rights.  
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**NUTRITION**

<b>TYPICAL COMPOSITION</b>	<b>A 187g (6 1/2 oz) serving provides</b>	<b>100 g (3 1/2 oz) provide</b>
Energy	1997kJ/476kcal	1065kJ/256kcal
Protein	21.0 g	11.2 g
Carbohydrate	55.7 g	29.7 g
of which sugars	5.1 g	2.7 g
Fat	18.8 g	10.0 g
of which saturates	9.2 g	4.9 g
mono-unsaturates	7.5 g	4.0 g
polyunsaturates	2.1 g	1.1 g
Fibre	2.3 g	1.2 g
Sodium	0.6 g	0.3 g

This Pizza contains approx. 2 servings

**INFORMATION**

**DALL' ANNO 1937**

**RAGÙ**

**TRADITIONAL RECIPE**

**TRADITIONAL RECIPE TOMATO SAUCE FOR PASTA**  
Based on an authentic family recipe dating from 1937, this tomato and herb pasta sauce is the perfect partner for pasta with or without meat.

**INGREDIENTS (greatest first):**  
Tomatoes, Sunflower Oil, Onion, Salt, Sugar, Dextrose, Garlic Powder, Basil, Parsley, Spice Extracts, Citric Acid, Oregano and Firming Agent (Calcium Chloride). Made with 167g of Tomatoes per 100g.

**SERVING SUGGESTION**  
(Serves 2)  
Heat gently and serve with pasta.  
**BEST BEFORE END: SEE CAP.**  
STORE IN COOL, DRY PLACE.  
Once opened, RAGÙ can be kept refrigerated for up to 3 days, or frozen in a suitable container.  
Safety cap pops up when original seal is broken. Do not buy or use if button is up.

**MADE IN THE EU.**  
Van Den Bergh Foods Ltd.  
Brooke House, Crawley, RH10 2RQ.

**275g e**

**NUTRITION INFORMATION**  
per 100 g as sold

ENERGY	200 kJ
PROTEIN	2.0 g
CARBOHYDRATE	4.9 g
of which sugars	0.6 g
FAT	2.1 g
of which saturates	0.4 g
FIBRE	1.2 g
SODIUM	0.4 g

Per Serving (1/2 Pudd) 92 Calories, 3.9g Fat of which saturates 0.8g. NO ARTIFICIAL COLOURS OR FLAVOURS.

Call 0800 281028 for more information.

**(UK) 0800 281028**  
**(ROI) 1 800 281028**

**TESCO**

**DEEP & CRISPY**

**PEPPERONI PIZZA**

# Fresh Leek & potato soup

A delicious fresh soup  
made with potatoes,  
leeks and  
double cream



## NUTRITION INFORMATION

TYPICAL COMPOSITION	A 250g (8 3/4 oz) serving provides	100g (3 1/2 oz) serving provide
Energy	598kJ/143kcal	239kJ/57kcal
Protein	1.9g	0.7g
Carbohydrate of which sugars	12.1g 2.3g	4.8g 0.9g
Fat of which saturates	9.8g 5.5g	3.9g 2.2g
Fibre	1.5g	0.6g
Sodium	0.7g	0.3g

This Pack contains 2 servings.  
A serving (250g) contains approx. 1.8g of Salt.



## INGREDIENTS

Dehydrated Leek; Yeast Extract; Salt; Leek Extract; Potato; Vegetable Oil; Maltodextrin; Sugar; Onion Powder; Spice Extracts; Herb Extract; Onion; Vegetable Stock (Water; Salt; Onion Powder; Flavourings; Hydrogenated Vegetable Oil; Yeast Extract; Sugar; Mushroom Extract; Spices; Leek Extract; Citric Acid; Herb; Herb Extract); Double Cream (6%); Vegetable Oil; Salt; Modified Maize Starch; Butter; Black Pepper Extract.

## PREPARATION GUIDELINES

All appliances vary, the following are guidelines only.



### To cook on the hob

Empty contents into a saucepan. Heat gently for 5-6 minutes, stirring occasionally. **DO NOT ALLOW TO BOIL.**



### To microwave

All appliances vary, the following are guidelines only. Empty contents into a non-metallic bowl or jug and cover loosely.

Wattage	Cook on full power	Turn	Cook on full power
650W or category B	3 minutes	Remove cover and stir.	3 minutes
750W or category D	3 minutes	Remove cover and stir.	2 minutes



### Suitable for home freezing

Freeze on day of purchase. For freezing guidelines please refer to freezer manufacturer's guidelines.



### To defrost

To defrost in microwave refer to manufacturer's handbook for guidelines or defrost thoroughly in refrigerator for a minimum of 12 hours.

Adjust times according to your particular oven. Not suitable for microwave heating from frozen. Check food is piping hot throughout before serving.

**STORAGE INSTRUCTIONS** Keep refrigerated. For use by: see front of pack.

## SUITABLE FOR VEGETARIANS

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I started to look at possible recipe ideas to see what might be the best recipes to make. I chose the three, which were Leek and potato soup, pepperoni pizza and Napolitana. I drew up a specification to see whether my products would meet the standards that I wanted to expect. For example would it be possible to freeze in batches. Would it be a reasonable price to produce etc.

Once I had completed my development section, I then began to write up my recipes, methods, equipment lists and time plan to help give me guidance when carrying out the practical tests. I produced some testing and tasting charts to find out whether my dishes were satisfactory. These determined whether the taste, texture, smell and overall appearance were acceptable plus to find out if anyone thought they were suitable for storing in batches. I produced some star diagrams to show my results.

I thought all three of my practical tests went very well and they proved that a range of dishes can be made using skill, special equipment and are easy to cook. It also shows their nutritional values are acceptable. *successes*

This project proves that food can be prepared and stored in batches and used later for convenience. This project has demonstrated fully what a convenience food is, how a convenience food can be made, how to store it, what to store it in, how much cheaper it is to make your own convenience food and yet still get better quality than you would get from a supermarket. *linkage to task.*

I think I have gained a good range of information from this project. It has been a valuable experience. I certainly know more about what a convenience food really is and how easy it is to make your own and store it.

I think I have demonstrated convenience foods reasonably well, but I think that I could have gone over the development <sup>improvement</sup> section again and actually written out the recipes and shown the nutritional information to go with them to prove whether they should be made or not. I could have put a bit more salt in the soup, but I managed to resolve the problem when I got it home. This project tells us that it is possible to make a range of foods in batches and freeze them for later use.

A bibliography and acknowledgement section is on the next page to show the range of resources used in this project and to thank the people who have helped me make this project successful.

## Bibliography

The resources used for this project are listed below:

Food and nutrition - By Jenny Ridgewell

Pasta dishes - By Heinmann books

Delia Smith - By Delia Smith

Ken Hom Travels with a hot wok - By Ken Hom

Food for a PC - (Software provided at \_\_\_\_\_ )

The complete interactive cookbook - (Software on my home computer)

Convenience cooking - Web site

## Acknowledgements

I would like to thank the people who have helped me along with my project. I would firstly like to thank \_\_\_\_\_ for helping me with ideas and how to set out and do the project. I would also like to thank people who have let me use the cookery room and I.T. rooms for carrying out my project and the people who have helped answer my questionnaires at my mum and dad's work at school and friends as well. I would also like to thank Juan Mendez and Carlos Mendez at the Angel Hotel in \_\_\_\_\_ for their support whilst I have been working there for the tips and ideas which have contributed to this project.

## Final conclusion and evaluation

For this project I have been looking at all aspects of convenience foods to find out whether it is possible to store a range of food which I have ready prepared for later use when I am unable to cook on a particular day for convenience.

To be able to carry out a project such as this, I have had to do some analysis which involved doing some brainstorming to find out what I wanted to study and the ideas I wished to look at in the desired area. I looked back through my course notes to find out what I wanted to study in detail for this project. Once I decided what I wanted to study and built up a range of ideas I began to think about my title, which is shown in the front of this project along with my brainstorm of ideas. Once the title was thought of I began to do some secondary research which involved looking at information which already exists. I found the information from recipe books, food text books, computer software, the internet and people who I work with at my place of work, which are all mentioned in my bibliography and acknowledgements found at the back of this project.

Once I had gained reasonable information I then began to formulate some questionnaires or surveys to find out more on what people see as a convenience food and what they buy the most of to help give me an idea of what to produce for my practical sessions. This is known as primary research. I asked some people at school, at my work and at my dad's work to fill in my questionnaires.

Once this information was gathered I developed on this and started to look at what people buy the most of and what convenience foods are popular. I formulated a chart to show the percentage of what the popular foods were. I found Vegetables; pizzas, pasta and pasta sauce came out as the top four.

Sample 1

HOME ECONOMICS (FOOD AND NUTRITION) 1973

MARK SHEET - RESOURCE TASK 1

RECOGNISING ACHIEVEMENT

Centre Number \_\_\_\_\_ Candidate Number \_\_\_\_\_ Candidate Name \_\_\_\_\_ Date \_\_\_\_\_

Task Title *To compare a convenience food with a home made food.*

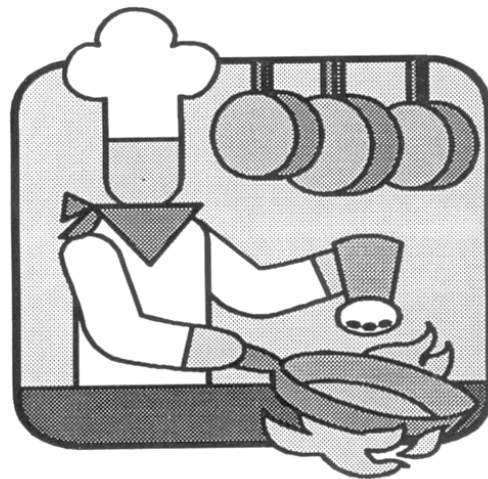
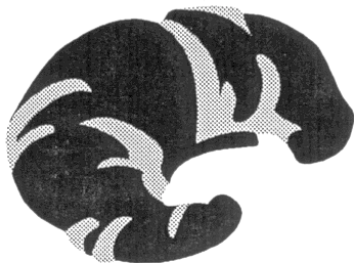
Assessment Area	Maximum Mark	Achieved Mark	Teacher Comment
Planning	4	4	<i>Practical precise and logical plan of action. Accurate timings and priorities identified. Resources noted. (Included labels - NOT ASSESS)</i>
Execution (i) organisation and skills	8	6	<i>Carried out planned work independently and to a high standard. Organised resources safely and efficiently. Reorganised to any change.</i>
Execution (ii) outcomes	4	4	<i>Demonstrated understanding of all processes and used these skills. Produced quality outcome to the task specification. Produced valid results clearly, full and well explained.</i>
Evaluation	4	3	<i>Identified strengths and weaknesses. Come to conclusion. Discussed results carefully - suggested ways to improve.</i>
<b>Total</b>	<b>20</b>	<b>17</b>	<i>Well done.</i>

# Food coursework

## Resource task three

To compare a convenience food  
with a home made food

# Pizza!





**Resource task three:- To compare a convenience food with a home-made one**

**My choice of work is :-**

For my choice of work in this resource task I have decided to make a fresh home-made pizza, because pizzas are very popular in the U.K. today and many people decide to buy pizzas from many supermarkets.

Pizzas are also very common in many other places around the world, so I have decided to see which is better out of a bought/ convenience pizza and a fresh home-made pizza which I will make.

✓  
✓  
✓  
Choice +  
reasons for  
choice

**Ingredients and equipment lists**

**Ingredients:-** Pizza base:- 200g/8oz self raising flour

A pinch of salt

A pinch of baking powder

50g/2oz margarine

125ml/quarter pint of milk

**Topping:-** 2 tbsp tomato puree

A tin of chopped tomatoes

100g/4oz Grated mozzarella cheese

1 clove of chopped garlic

50g/2oz of chopped mushrooms

Herbs

✓  
Resources  
identified

**Equipment:-**

1 bowl, 1 sieve, 1 baking sheet, 1 spoon, 2 palette knives or a fish slice.

**Method:-**

Oven temperature:- 220°C or gas mark 7 for 20-30 mins.

Grease a baking sheet with a little bit of oil. Sift the flour into a bowl and rub in margarine until they are bread crumbs.

Add the milk a little bit at a time until the bread crumbs are mixed up into a soft but not sticky dough. Put the dough onto a baking sheet and shape it with your hands.

Put the tomato puree on top. Add the tomatoes, chopped garlic, mushrooms, herbs and grated cheese. Try and make the topping as interesting as possible.

Bake for 20-30 minutes or until the base is golden brown.

## Time plan

<u>Time</u>	<u>Action</u>	<u>Special points</u>
9:55am	Organise all equipment, put on apron, make sure oven is on.  <i>Put washing up water in bowl ready for when I finish.</i>	Check for hygiene and make sure equipment is clean first. Wash hands and make sure the oven is on 220 °C/M ? ✓
10:00am	Grease a baking sheet. Sieve flour into bowl. Follow the method.	Make sure the dough isn't too sticky.
10:05am	Prepare and add the topping.	Spread the tomato puree at least 1cm away from the edge of the base. ✓
10:10am	Put both the home-made and bought pizzas in the oven. ✓	
10:11am	Prepare my table with appropriate decoration and then wash up. Get 2 plates ready for the pizzas and add labels.	Make sure everything is washed up and be careful with presentation. ✓
10:30am	Serve both pizzas. Eat them and record all findings on the chart which I produced. ✓	
10:40am	Wash remaining equipment up. Like the plates. ✓	

Survey - Primary research

2nd July

Tally

1) Do you eat convenience foods?

Yes! |||| |||| |||| |

No!

2) Approximately how many do you eat a day?

1 - |||| |

2 - | |

3 - |||

4 - | |

5+ - | |

3) Which convenience food do you eat the most?

crisps, biscuits, cereals, crisps, crisps, biscuits, biscuits, choc  
bars, choc bars, cereals, cereals, crisps, cereals, crisps, crisps  
crisps.



4) What type of convenience foods do you normally buy most of:

Tinned: ||| ||| |||

Frozen: ||| |||

Packaged: ||| |||

Dried Foods: |||

Canned: |||

Other: |||

5) Do you think convenience foods are more better and better than freshly prepared foods.

Yes!

No: ||| ||| |||

6) Do you eat more fresh foods than convenience foods?

Yes: ||| |||

No: ||| |||

7) Do you have accessibility to shops which sell convenience foods?

Yes: ||| ||| |||

No: |

### About convenience foods- secondary research

These days the trends in eating more convenience foods have increased since 1971. The trends in frozen foods are at a steady increase and by the year 2015 I would expect canned foods to be phased out completely, because their popularity is declining. Frozen foods generally taste a lot fresher and their overall appearance is better.

Foods like cartoned, dried, and packeted foods are the main trend these days and will still probably be the trend in 15 years time.

Convenience foods are called convenience foods, because they are ready prepared and they can also keep for longer than fresh foods due to the fact that they haven't got additives in them which means they will go rotten within a few days of being harvested.

Convenience foods are useful if you don't want to spend lots of time preparing and cooking foods and certain dishes. Some convenience foods actually taste the same as fresh foods. These types are frozen food products like peas for example still taste the same as fresh one even after they have been frozen.

Some convenience foods are now priced near enough the same price as fresh foods, This is very useful if you can't get access to fresh foods easily. For example if you don't have much of a garden.

Some advantages of convenience foods are that they can be stored easily and they are very useful to those people who are busy.

In some areas around the world, people are unable to get to shops which sell convenience food products. Some reasons for this is because some countries are poor and can't even afford to build shops, in some countries there is no need to buy convenience foods, because people can easily eat fresh ones all the time.

*research*

A chart to show the comparison between a home-made and a bought pizza

Product Name	Time to Make	Taste	Texture	Cost	Appearance
TESCO'S "Deep and Crispy Garlic and Mushroom Pizza"	1/2 an hour to grease a tray and put it into the oven (Lucky any time at all).	It was quite crispy, but the topping was very watery and didn't take a garlic or mushroom.	It was very crispy, but the topping was extremely soft. and watery. ✓	£1.80	The Pizza itself looked very boring and quite plain. The mushrooms didn't look very appetizing 2 3
MY HomeMade Pizza	8 minutes to prepare equipment and put toppings and roll out dough.	This tasted delicious. I could really taste all the garlic taste and mushrooms. The cheese was as cheesy as the garlic topped being on the base of the tomatoe.	The base was crispy and quite fluffy on the inside The cheese was as bubbly. ✓	£1.75	The Pizza looked appetizing and the mushrooms looked better. It also looked like a lot more attractive and interesting. I would give it. 4 5.

well explained chart

## Evaluation

When I made my home made pizza, I found that it was relatively easy to make. When I made it I sieved my flour to get all of the lumps out and rubbed in my margarine to get both the flour and fat to combine. When the fat and flour were rubbed to bread crumbs I added my quarter of a pint of milk gradually and folded it in to get a dough for me to roll out. This was to become my pizza base. When I used all of the milk I got a rolling board and pin prepared to roll out my base. Before hand I prepared a baking sheet which I greased to stop the base sticking onto the sheet. I then placed my rolled out base onto the baking sheet and prepared my topping. I skinned my mushrooms and chopped them and then I chopped up my garlic. I then added my tomato puree on to the base and then spread it evenly to cover it. I then added my chopped tomatoes and then my mushrooms and garlic. All of these provided colour and taste for my pizza. I then added some herbs like oregano and herbs de provence. These really brought out the flavours. I then grated my mozzarella cheese onto the top which melted onto all of my topping when cooked. This also added to flavouring and also gives it a texture as well. In total it took up to eight minutes to prepare my pizza and twenty minutes to cook which totalled twenty eight minutes.

It was relatively easy to make, but I would recommend that someone who has plenty of time to spare should make this type of pizza or someone has about half an hour to spare.

I think that if you make your own pizza you are giving yourself a very big treat, because it tastes really nice and all of the flavours are fresh and you can taste everything quite well, where as in a bought pizza everything in it tastes mushy or tastes pretty rubbery. The texture is very rubbery as well. I found that the mushrooms were mushy due to the fact that they had gone off.

A home made pizza looked a lot more appetising and appealing than a bought one. I think the great advantage of

good  
observation

cooking a home made one is that you can put as much topping as have a bigger base to suit your own style. Bought pizzas only have very limited amounts of ingredient.

If I was to make this type of pizza again then I would give myself limited time to carry out each part of the method. I found that I couldn't stick to my time plan which put everything back a few minutes. I think that I should keep to the time plan then I wouldn't get this problem. I could have taken out the less important ingredients to save time.

I think that if I was going to compare a home made dish with a bought food then I would choose to make something different like soup for example.

The advantage of buying a ready made product is that there wouldn't be any skill required to make it. The only thing that is required with a bought pizza is to grease a baking sheet and put it in a hot oven. You can even add anything if you felt like it. For example extra cheese or mushrooms.



## Comparing costs

### Home made pizza costs

8oz self raising flour	=£0.01
2oz margarine	=£0.01
Quarter pint of milk	=£0.10
Tinned chopped tomatoes	=£0.23
2 tbsp tomato puree	=£0.005
1 clove of garlic	=from the garden
4oz Mozzarella cheese	=£0.75
2oz chopped mushrooms	=£0.60
Herbs	=£0.001

**Total =£1.725**

**The Tesco's "deep and crispy garlic and mushroom pizza" costed £1.80**

**There wasn't a lot of difference in the two, but the home made one seemed to be the cheaper of the two. I would expect this because small items of ingredients don't cost very much at all. I think that the bought pizza is slightly more expensive, because it has been ready prepared and also it is costed slightly more, because Tesco's needs to make a profit.**

**I thought that this resources task has been fun and quite an experience, because I now know what happens if I don't keep to a time plan. I found that I had to speed up to finish a certain task in the time I gave myself.**

**I have learnt all about why convenience foods are bought and how easy they are to store and cook, but I also know that it is better to make a home made pizza than to go out and buy a ready prepared one, because the home made one is nicer in every way.**

**My primary research has told me some interesting facts. Everyone I asked said they eat convenience foods and most of the people I asked eat at least one a day. Everyone seems to eat crisps and buy lots of packeted foods. Everyone eats lots of fresh foods, but only 4 people said they don't, and everyone had easy accessibility to shops to buy their convenience foods.**

**I think that fresh foods are always going to be a lot more nicer and tastier than convenience foods because they are cheap and much more fresher.**

**Convenience foods will never meet the standards of fresh food unless scientists can discover some way of keeping fresh foods fresh for quite a long period of time.**



## Resource task 2 - Breakfasts

### Background research

Breakfast is the very first meal of the day and provides us with 25% of our energy and nutrients ready for a hard day at work or at school.

The word 'breakfast' is broken into two. It means 'breaking the fast'. A fast is a time when no food is eaten, like when you're asleep for example.

Breakfast usually consists of a hot or cold drink, cereals, toast, or the unhealthy choice of fried eggs, bacon, bread, and sausages for example. The drink is usually a cup of tea/coffee or a glass of milk or orange juice. All of these provide us with energy and nutrients for the day up until lunch time.

Milk at breakfast is important if you are young, because it has the mineral calcium in it which makes our bones grow and stay healthy.

In other countries like France the people eat cereals also, they have cups of coffee or fruit juice. They also have their own type of toast which has been pre-heated and is eaten cold with butter or jam. The French also have soft doughy buns called croissants also eaten with butter and jam. In Austria and Switzerland the people eat white buns with ham, cheese or like the French with butter and jam. They also have a type of cereal which consists of a mixture of nuts and dried fruit. This cereal is called muesli. They drink coffee as well.

Breakfast is also very good for increasing health in the growing or damaged cells of the body. The mineral iron helps cells grow and stay healthy. An experiment proves that girls improve their marks by 10 points in G.C.S.E. if they eat lots of iron.

One very important mineral for growth is folic acid. This is found in spinach or green leafed foods. It helps mothers pregnancy and the growth of small children.

### Survey on breakfasts

<u>What you eat for breakfast</u>	<u>Number of people who eat this</u>
Nothing	- 6
A bowl of cereals only	- 5
A piece of toast only	- 7
A cooked breakfast	- 4
A bowl of cereals, toast and a drink	- 15
A bowl of cereals and a drink	- 10
A piece of toast and a drink	- 13
Other	- 5

### Choice of breakfast

My choice of breakfast is a cup of fresh coffee, a fruit salad, and some wholemeal bread as toast with flora spread and jam.

I have chosen a cup of coffee, because coffee wakes us up and if we put milk and sugar in it, the milk will provide us with calcium and the sugar will give us energy.

I have chosen to make a fruit salad, because the fruits contain vitamins and minerals. It wouldn't be too mashed up either, because you would want something that would slip down easily first thing in the morning.

Fruit is cheap to buy and you wouldn't have to go to much trouble if you are used to dealing with fruit. I will add some orange juice that I will juice from an orange and I will put a cherry in the middle to garnish the fruit salad.

I have chosen to use wholemeal bread for the toast, because it contains carbohydrates, starch and some protein. I have decided to use flora on my toast, because it is low in fat. I have chosen to put some jam on the toast, because it contains sugar which will provide us with energy up until lunch time.

I have chosen these items of food, because they contain most of the nutrients required and some energy. The breakfast should provide us with energy up until lunch time.

well done

### Ingredients

1 cup of water  
Fresh ground coffee  
Milk and sugar (for coffee)  
Fruit (2 oranges, 1 kiwi fruit, 1 grapefruit, half a lemon plus  
some sugar to sweeten it)  
2 slices of wholemeal bread  
flora  
Small pot of jam

### Equipment

Kettle, teaspoon, chopping board, sharp knife, toaster/grill, a  
spreading knife, tablespoon, a cup, a bowl, a plate.

### Time plan

<u>Time</u>	<u>Action</u>	<u>Important points</u>
12:00	Put apron on, wash hands and put kettle on. Get washing up water ready.	
12:05	Get appropriate equipment out.	
12:08	Cut fruits up and put them in a bowl and add orange juice, stir in sugar.	Cut the fruits into slices like an onion.
12:20	Put the bread under grill or in toaster, when ready butter the toast and add jam.	
12:30	Make the coffee and present the finished breakfast. Have it assessed and eat it.	Make it look presentable with cutlery.
12:40	clear up and wash up.	

### Evaluation

1) For my resource task practical session, I made a breakfast which included a drink which was coffee with milk and sugar, A fruit salad which included half a lemon, an orange, a kiwi fruit, a grape fruit, some grapes, a cherry for garnish, some orange juice and sugar to sweeten the lemon. I also made some toast with flora and blackcurrant jam.

When I made my breakfast I got all the necessary equipment out. First, I got a chopping board, a bowl and a sharp knife out to cut the fruit for the fruit salad. I cut the fruit up to make it bite size and also to look attractive for the consumer. I arranged the fruit in my bowl and added some orange juice from one orange by squeezing it, and added some sugar to make it a little bit sweeter to take some of the acidity away from the lemon. When this was finished off, I arranged the bowl neatly on the table, to make it look attractive and tidy.

I then went on to get the kettle and toaster out for my coffee and toast. I put some water in the kettle for my coffee and the wholemeal bread in the toaster brown it off and make it warm to melt the flora. While I was waiting for these, I got a cup and spoon out ready for the coffee and a knife to spread the flora and jam on the toast.

When the kettle had boiled, I put the sugar and coffee in my cup and added the boiling water to dissolve the sugar and coffee granules. I then put the milk in and stirred the coffee to dissolve all the ingredients. I put the cup next to the fruit salad on the table and made that look attractive also.

When the toast was ready, I used the knife to butter the toast with the flora and jam and then I cut the toast in half and arranged it on the plate to make it look attractive as well.

The finished breakfast was ready to eat.

2) The breakfast was successful, because I arranged the fruit salad nicely in the bowl and cut up the toast and arranged it on the plate to make it look interesting and attractive. I also arranged the cutlery so that the consumer would know what piece of cutlery they should use for each item included in the breakfast.

I also used garnishing in the fruit salad and with the toast for attractiveness also. I put a cherry in the centre of the fruit salad and some grapes were arranged around the side of the bowl to make it look interesting. I arranged some parsley leaves and some grapes in the centre of the plate with the toast.

3) My strengths were the garnishing on the fruit salad and the toast. I also thought that I worked in a good type of sequence when cooking the breakfast. I prepared the colder side of the breakfast first and then did the hotter food afterwards. I also worked with my time plan which was helpful to some extent. Most of my breakfast contained a fair nutritional value. *explain*

4) Some improvements which I could have made were to use a larger dish for the fruit salad, because I had to overlap some of the fruit when I was arranging it for attractiveness.

I think I will use a bigger bowl for next time.

5) Costing of breakfast

Food	Cost (£)
2 oranges	0.24
A lemon	0.08
A grapefruit	0.19
A kiwi fruit	0.08
2 slices of wholemeal bread	0.04
Flora to fit 2 sides of toast	0.01
Jam to fit 2 sides of toast	0 (home made)
2 teaspoons of coffee	0.02
2 teaspoons of sugar	0.01
1.5 tablespoons of milk	0.02
Total	0.79

6) Nutritional Value

Ingredients	Energy (kJ)	Protein (g)	Fat (g)	Carbo (g)	Water (g)	Sodium (mg)	Calcium (mg)	Iron (mg)	VitA (µg)	B1 (mg)	B2 (mg)
An orange	150	1.0	0	9.0	85.0	0	40	0.3	50	0.05	0.05
A Lemon	60	1.0	0	3.0	85.0	0	100	0.4	0	0.05	0.05
A Kiwi fruit	?	?	?	?	?	?	?	?	?	?	?
A Grapefruit	80	0.5	0	5.0	90.0	0	0	0.3	0	0.05	0.05
Orange juice	170	0.6	0	9.0	87.0	0	0	0.3	50	0.05	0.05
Teaspoon coffee	?	?	?	?	?	?	?	?	?	?	?
Teaspoon milk	270	1.3	2.8	6.7	87.6	50	120	0	50	0.05	0.05
Teaspoon sugar	1630	0	0	100.0	0	0	0	0	0	0	0
Toast	920	2.8	2.7	42.0	40.0	500	25	2.5	0	0.3	0
Flora	3060	0	81.0	0	16.0	800	0	0	1000	0	0
Jam (Blackcurrant)	1090	0	0	69.0	30.0	0	0	1.5	0	0	0

The results on the table give me evidence of a fairly nutritionally balanced breakfast.



Overall conclusion

I think that the breakfast is quite good for a meal, because it isn't too heavy like mashed potatoes first thing in the morning for example. The nutritional values are very well balanced throughout the breakfast. - in what way  
The breakfast was successful, because it tasted nice and looked attractive to anyone who likes fruit, toast and coffee for breakfast.

The breakfast was very healthy as well, because it contained lots of fruit which contains vitamins and minerals and would be helpful to a growing child or an ill person.

It would also appeal to a vegetarian person as well. The price of the breakfast is very reasonable also.