

**X201 10**

**Hospitality: Practical Cookery Intermediate 1**

**Exemplification**

**January 2006**

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## **Introduction**

The purpose of this booklet is to provide exemplification of the external assessment component of this course award — The Practical Assignment.

The Practical Assignment is issued to Centres in February of each year. The Practical Assignment is internally assessed by the Centre and will be subject to External Moderation by a trained SQA Moderator. This takes place to ensure that the standard required in marking is being met nationally.

The assignment will be issued in the following format:

- Centre instructions
- Candidate instructions
- Planning booklet
- Marking sheets

## **Marking**

The 70 marks available will be allocated as follows:

- Planning booklet      5 marks
- Practical assignment    65 marks

Marks have to be allocated for attainment – the marking scheme is based on rewarding achievement.

### **Planning Booklet**

**5 marks**

Plan of Work - If the plan of work has been completed solely by the Candidate, is comprehensible and in your judgement usable, full marks would be awarded. You are looking for the candidate to produce a logical, well constructed plan with start and finish times clearly identified. If you have had an input into the Candidate's final version of their plan, depending on the amount of assistance you have given, use your judgment to award marks against the total allocated. The time plan can be produced in blocks of up to 10 minutes or as required/taught.

### **Practical Assignment**

**65 marks**

The 65 marks available for the practical assignment will be distributed between the following areas:

- Working methods
- Dishes produced
- Professional practice

A marking scheme will be produced each year giving the details of where the marks must be allocated.

The following information is examples of recipes, completed plans of work and marking criteria.

**X201 10**

**Hospitality: Practical Cookery  
Intermediate 1**

**Practical Assignment Exemplar 1**

**Candidate Instructions**

The Practical Assignment for Hospitality: Practical Cookery at Intermediate 1 consists of two main stages:

- ◆ Planning
- ◆ Preparing, cooking and serving the dishes

The following guidelines will help you — both with planning and the practical session.

### **Planning**

You will plan your Practical Assignment **two weeks** prior to undertaking the practical session. All planning work will be completed under the supervision of your teacher/lecturer. Your planning will be worth 5 marks out of the 70 marks available.

The following paragraph details the planning tasks that you have to complete. For each task you should use the sheets provided in the planning booklet. These planning sheets will then be assessed by your teacher/lecturer and marked accordingly.

### **Plan of work**

You must complete a plan of work. It will show how you plan to use the 1½ hours available to you on the day of the practical session. The plan of work must include the following information:

- ◆ the starting time
- ◆ the completion time
- ◆ the sequence in which you are going to carry out all of the activities involved in the production of the two dishes
- ◆ the approximate timing for each activity

### **Preparing, cooking and serving the dishes**

In the practical examination you will have to follow your plan of work to prepare, cook and serve the two dishes.

The two dishes must be prepared and presented within the 1½ hour time allocation.

The dishes should be served as follows:

<b>Country Vegetable Soup</b>	served 1 hour 15 minutes after the start in a hot, clean, tureen or bowl
<b>Cheese and Chive Flan</b>	served 1 hour 25 minutes after the start on a warm plate covered with a dish paper.

eg

Start time	10.00
Soup to be served at	11.15
Flan to be served at	11.25

Your teacher/lecturer will be observing you as you work. An external moderator from the Scottish Qualifications Authority may also observe. You must work throughout the practical session without any assistance from your teacher/lecturer unless it is to ask for a specific piece of equipment or food.

Your Practical Assignment will be marked as follows:

**Area to be marked**

**Marks available**

Planning	5 marks
Working methods:	
◆ basic preparation skills and techniques	5 marks
◆ flow of work plan	5 marks
◆ control of cookery processes	4 marks
Dishes produced:	
◆ Soup	18 marks
◆ Flan	18 marks
Professional practice:	
◆ observation of safety	7 marks
◆ observation of hygiene	8 marks

## Country Vegetable Soup

Onion	100 g
Carrot	300 g
Turnip	150 g
Vegetable or Olive Oil	10 ml
Water	1 litre
Dried Herbs	pinch
Salt and Pepper	to taste
Vegetable stock cube	2
Parsley	1 x 5 ml spoon

- 1 Wash vegetables, peel and re wash as necessary.
- 2 Chop into even sized pieces.
- 3 Cook the vegetables in the oil in a covered pan for 5 minutes until tender. Do not colour.
- 4 Add the water, dried herbs, stock cubes and seasoning. Bring to the boil and simmer for 20 minutes.
- 5 Chop the parsley and wash in a sieve to remove the green colour. Dry carefully in absorbent paper.
- 6 Skim off any fat from the soup, taking care not to remove too much of the liquid.
- 7 Remove from the heat and allow to cool.
- 8 Puree the soup either in a liquidiser, robot coupe or with a hand blender.
- 9 Stir in the parsley and correct the seasoning by tasting. Reheat.
- 10 Serve in a clean, hot, tureen or bowl.

## Cheese and Chive Flan

Plain flour	150 g
Pinch of salt	
Margarine	50 g
White fat	25 g
Water to mix	Approximately 2–3 x 15 ml spoons
Fresh chives	5 ml spoon (measurement when prepared)
Milk	100 ml
Egg	1
Salt and pepper	to taste
Cheddar cheese	50 g

- 1 Preheat oven to 230°C/Gas Mark 7.
- 2 Sieve the flour and salt. Rub in the fat to resemble the texture of fine breadcrumbs.
- 3 Make a well in the centre and add sufficient water to make a firm dough.
- 4 Cover and allow to rest in a cool place for 15 minutes.
- 5 Place a 15 cm flan ring on a non-stick baking sheet.
- 6 Roll out the pastry until it is ½ cm thick and line the ring (take care not to handle the pastry too much, as it will toughen). Fork the bottom of the pastry dough two or three times and bake blind for 5/10 minutes until the pastry dough sets.
- 7 Grate the cheese and chop the chives finely.
- 8 Remove the pastry case from the oven and press down gently if it has risen.
- 9 Whisk together the milk and egg. Season and strain into a bowl, add the cheese and chives to the egg mixture, mix and pour into the pastry case.
- 10 Return to the oven at 180°C/Gas Mark 4 and bake for 20 – 25 minutes.
- 11 Serve on a warmed plate covered with a dish paper.

**X201 10**

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**Hospitality: Practical Cookery  
Intermediate 1**

**Practical Assignment Exemplar**

**Centre Instructions**

The Practical Assignment for Hospitality: Practical Cookery at Intermediate 1 consists of two main stages:

- ◆ Planning
- ◆ Preparing, cooking and serving the dishes

### **Planning**

Candidates will plan the Practical Assignment **two weeks** prior to undertaking the practical examination. The date for the practical session is at the discretion of the centre. All planning work will be completed under the supervision of the teacher/lecturer. The planning will be worth 5 marks out of the 70 marks available.

Candidates must complete all planning tasks using the booklet provided. Candidates who do not complete the planning stage cannot undertake the practical session.

### **Plan of work**

Candidates must complete a plan of work for the practical session. It will show how they plan to use the 1½ hours available on the day of the session. Candidates must include the following information:

- ◆ the starting time
- ◆ the completion time
- ◆ the sequence in which activities involved in the production of the dishes will be carried out
- ◆ the approximate timing for each activity

On the date of the practical session the marked planning booklet **must** be made available to:

- ◆ the candidate
- ◆ the centre's internal moderator
- ◆ the external moderator, if the centre is selected for moderation

### **Preparing, cooking and serving the dishes**

Candidates will follow their plan of work to prepare, cook and serve the two dishes during the practical session. The following guidelines apply.

**Country Vegetable Soup** served 1 hour 15 minutes after the start in a hot, clean tureen or bowl

**Cheese and chive flan** Serve 1 hour 25 minutes after the start on a warm, clean plate covered with a dish paper.

eg

Start time	10.00
Soup served at	11.15
Flan served at	11.25

### **Access to the practical area**

Only candidates who are involved in the practical, the teacher/lecturer who is assessing and the SQA appointed moderator (if applicable) should be allowed in the practical area.

## Session conditions

All candidates should work under examination conditions. Ideally a maximum of eight candidates should be examined at any one time. For a moderation exercise with an external moderator the sample size will be six. Completed dishes should be presented by the candidate in an area set aside for this purpose. It is not acceptable to serve finished dishes on the candidate's work table.

## Preparation allowed out with the specified production period

All equipment and foodstuffs should be supplied by the Centre. Candidates will be allowed to 'set up' their personal work areas with all the required cooking and serving equipment prior to the exam starting. Weighing and measuring of foodstuffs can also be carried out in advance (this is advisable in order to allow candidates the full allocation of time to prepare and present the dishes), but no preparation of raw ingredients is allowed e.g. peeling of vegetables.

Centres are required to have a supply of additional foodstuffs in case food or dishes are spoiled by candidates. Candidates must be encouraged to rectify mistakes providing that time is available and must be marked accordingly.

## Washing up

Candidates are required to adopt a 'clean as you go' method of work in order to comply with relevant health and safety requirements. If this does not happen, you must mark them accordingly.

## Marking

70 marks are allocated to planning, preparing, cooking and serving the dishes. Candidates will be marked as follows:

### Area to be marked

	Marks available
Planning	5 marks
Working methods:	
◆ basic preparation skills and techniques	5 marks
◆ flow of work plan	5 marks
◆ control of cookery processes	4 marks
Dishes produced:	
◆ Country Vegetable Soup	18 marks
◆ Cheese and Chive Flan	18 marks
Professional practice:	
◆ observation of safety	7 marks
◆ observation of hygiene	8 marks

Centres are provided with a marking sheet which is to be used to record the candidate's marks. If selected for moderation, there is a separate sheet required to be completed called the 'Moderation Exercise Marking Sheet'. You must record the marks of the candidates that have been identified as the sample for external moderation on this sheet.

## Working methods

### *Basic preparation skills and techniques*

5 marks

These marks will be awarded holistically for competence in the range of basic preparation skills and techniques required across the two dishes. Additional specific marks are awarded for additional skills undertaken in each of the dishes. These additional mark allocations are indicated on the Marking Sheet.

- |   |        |         |
|---|--------|---------|
| ◆ Weighing and measuring of ingredients |        | 3 marks |
| - Pastry                                | 1 mark |         |
| - Soup                                  | 1 mark |         |
| - Liquid filling for flan               | 1 mark |         |
| ◆ Competent knife skills                |        | 1 mark  |
| OR                                      |        |         |
| ◆ Excellent knife skills                |        | 2 marks |

### *Flow of work plan*

5 marks

Candidates must follow their plan of work and will be marked according to how well they adhere to the times suggested for the different steps involved.

### *Control of cookery processes*

4 marks

Candidates must show an awareness of the importance of controlling all the cookery processes involved in the production of the meal. This would include monitoring the processes and reacting appropriately to circumstances as they occur.

- |  |        |
|--|--------|
| ◆ Cooking of vegetables (without colour)       | 1 mark |
| ◆ Soup is simmered and not boiled              | 1 mark |
| ◆ Control of oven temperature for baking blind | 1 mark |
| ◆ Control of oven temperature when baking      | 1 mark |

### *Observance of safety*

7 marks

Candidates must demonstrate an appreciation of safety throughout the examination and must be marked accordingly.

### *Observance of hygiene*

8 marks

Candidates must demonstrate an appreciation of hygiene practices throughout the examination. This includes both kitchen and personal hygiene.

## Dishes produced

The following recipes and marking criteria indicate the main points to be observed during the practical. These criteria are in addition to those provided above.

## Country Vegetable Soup

Onion	100 g
Carrot	300 g
Turnip	150 g
Vegetable or Olive Oil	10 ml
Water	1 litre
Dried Herbs	pinch
Salt and Pepper	to taste
Vegetable stock cube	2
Parsley	1 x 5 ml spoon

1. Wash vegetables, peel and re wash as necessary.
2. Chop into even sized pieces.
3. Cook the vegetables in the oil in a covered pan for 5 minutes until tender. Do not colour.
4. Add the water, dried herbs, stock cubes and seasoning. Bring to the boil and simmer for 20 minutes.
5. Chop the parsley and wash in a sieve to remove the green colour. Dry carefully in absorbent paper.
6. Skim off any fat from the soup, taking care not to remove too much of the liquid.
7. Remove from the heat and allow to cool.
8. Puree the soup either in a liquidiser, robot coupe or with a hand blender.
9. Stir in the parsley and correct the seasoning by tasting. Reheat.
10. Serve in a clean, hot, tureen or bowl.

## Country Vegetable Soup — allocation of marks

### *Preparation of ingredients*

3 marks

- ◆ washing of vegetables
- ◆ peeling of vegetables
- ◆ re washing of vegetable as required

### *Cutting and shaping*

2 marks

- ◆ vegetables cut into even sized pieces
- ◆ parsley chopped correctly

### *Controlled addition of ingredients*

1 mark

- ◆ linked to step 4 in the recipe

### *Cooking of soup*

4 marks

- ◆ vegetables cooked in the oil
- ◆ pan covered whilst the vegetables are cooking
- ◆ fat is skimmed off prior to pureeing
- ◆ vegetables are not overcooked

### *Finishing the soup*

4 marks

- ◆ soup is allowed to cool prior to pureeing
- ◆ soup is pureed correctly
- ◆ the correct consistency is achieved
- ◆ parsley is added at the correct stage

### *Presentation*

4 marks

- ◆ the tureen/bowl used for service is clean
- ◆ the tureen/bowl is hot
- ◆ the soup is served at the correct temperature
- ◆ soup is sufficiently seasoned

## Cheese and Chive Flan

Plain flour	150 g
Pinch of salt	
Margarine	50 g
White fat	25 g
Water to mix	Approximately 2–3 x 15 ml spoons
Fresh chives	5 ml spoon (measurement when prepared)
Milk	100 ml
Egg	1
Salt and pepper	to taste
Cheddar cheese	50 g

- 1 Preheat oven to 230°C/Gas Mark 7.
- 2 Sieve the flour and salt. Rub in the fat to resemble the texture of fine breadcrumbs.
- 3 Make a well in the centre and add sufficient water to make a firm dough.
- 4 Cover and allow to rest in a cool place for 15 minutes.
- 5 Place a 15 cm flan ring on a non-stick baking sheet.
- 6 Roll out the pastry until it is ½ cm thick and line the ring (take care not to handle the pastry too much, as it will toughen). Fork the bottom of the pastry dough two or three times and bake blind for 5/10 minutes until the pastry dough sets.
- 7 Grate the cheese and chop the chives finely.
- 8 Remove the pastry case from the oven and press down gently if it has risen.
- 9 Whisk together the milk and egg. Season and strain into a bowl, add the cheese and chives to the egg mixture, mix and pour into the pastry case.
- 10 Return to the oven at 180°C/Gas Mark 4 and bake for 20 – 25 minutes.
- 11 Serve on a warmed plate covered with a dish paper.

## **Cheese and Chive Flan — allocation of marks**

### *Preparation of the pastry*

4 marks

- ◆ fat and flour is rubbed to fine breadcrumbs texture
- ◆ dough is formed correctly
- ◆ correct dough consistency is achieved
- ◆ pastry is rested for the correct amount of time

### *Preparation of the flan*

8 marks

- ◆ pastry is rolled out to correct thickness
- ◆ flan ring is lined well
- ◆ flan case is baked blind as per recipe
- ◆ cheese is grated sufficiently
- ◆ chives are finely chopped
- ◆ liquid for filling is strained
- ◆ liquid filling is prepared correctly
- ◆ flan is filled appropriately

### *Cooking of flan*

1 mark

- ◆ flan cooked for the correct amount of time

### *Presentation/taste/texture*

5 marks

- ◆ appropriate colour achieved
- ◆ presented on a warm plate
- ◆ dish paper used
- ◆ taste is satisfactory
- ◆ correct texture

FOR OFFICIAL USE

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**X201/10**

NATIONAL  
QUALIFICATIONS  
Exemplar 1

**HOSPITALITY  
PRACTICAL  
COOKERY  
INTERMEDIATE 1**  
Practical Assignment  
Planning Booklet

Fill in these boxes and read what is printed below.

Full name of centre

Town

Forename(s)

Surname

Date of birth

Day Month Year

--	--	--	--	--	--	--	--

Scottish candidate number

--	--	--	--	--	--	--	--	--	--

Date

Complete the planning sheets provided

This booklet must be handed to your teacher/lecturer for marking.

This booklet must be retained by the centre. **Do not** return to SQA®.

## Plan of work

Starting Time: 10.00 am

Finishing time: 11.30 am

<i>Times</i>	<i>Sequence of tasks</i>
10.00 – 10.05	Put on apron, wash hands. Set oven to 230oC. Collect ingredients for soup.
10.05 – 10. 12	Prepare vegetables and chop.
10.12 – 10. 22	Saute vegetables, prepare for boiling and simmer for 20 minutes. Chop parsley whilst waiting for soup to boil.
10.22 – 10.25	Tidy table and collect ingredients for flan.
10.25 – 10.35	Make pastry and leave to rest.
10.35 – 10.40	Grate cheese and chop chives.
10.40 – 10.45	Skim soup and cool.
10.45 – 11.50	Wash and dry dishes.
10.50 – 11.00	Line flan ring, bake blind and prepare egg and milk mixture.
11.00 – 11.05	Assemble flan and put into bake for 20 minutes.
11.05 – 11.10	Liquidise soup, add parsley, season, reheat.
11.10 – 11.15	Serve soup.
11.15 – 11. 25	Final tidy and dishes washed and dried.
11.25 – 11.30	Remove flan from oven and serve.

**This page is for teacher/lecturer use only**

	<i>Marks Available</i>	<i>Marks Awarded</i>	<i>Teacher/lecturer comments</i>
<b>Plan of work</b>	<b>5 marks</b>	<b>4 marks</b>	Plan is logical and well constructed.  All items are planned to be served at the correct time but there is no mention of the serving dish having to be heated.

Signature of teacher/lecturer: \_\_\_\_\_ Date: \_\_\_\_\_

The mark awarded for planning (5 marks) should be added to the mark awarded for the practical work (65 marks) to give a total mark out of 70.

Centre:

DATE:

	Planning mark	Working methods				Quality of dishes produced											Professional practice			TOTAL MARK AWARDED				
		Basic skills & techniques	Work flow	Control of cookery processes	SUB TOTAL	Country Vegetable Soup					Cheese and Chive Flan						Safety aspects	Hygiene practices	SUB TOTAL					
						Preparation of ingredients	Cutting and shaping	Controlled addition of ingredients	Cooking of the soup	Finishing of the soup	Presentation/taste	SUB TOTAL	Preparation of the pastry	Preparation of the flan	Cooking of the flan	Presentation/taste/texture					SUB TOTAL			
<b>CANDIDATE</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>4</b>		<b>3</b>	<b>2</b>	<b>1</b>	<b>4</b>	<b>4</b>	<b>4</b>		<b>4</b>	<b>8</b>	<b>1</b>	<b>5</b>		<b>7</b>	<b>8</b>					

**X201 10**

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**Hospitality: Practical Cookery  
Intermediate 1**

**Practical Assignment Exemplar 2**

**Candidate Instructions**

The Practical Assignment for Hospitality: Practical Cookery at Intermediate 1 consists of two main stages:

- ◆ Planning
- ◆ Preparing, cooking and serving the dishes

The following guidelines will help you — both with planning and the practical session.

### **Planning**

You will plan your Practical Assignment **two weeks** prior to undertaking the practical session. All planning work will be completed under the supervision of your teacher/lecturer. Your planning will be worth 5 marks out of the 70 marks available.

The following paragraphs detail the planning tasks that you have to complete. For each task you should use the sheets provided in the planning booklet. These planning sheets will then be assessed by your teacher/lecturer.

The planning booklet should be handed to your teacher/lecturer for marking. It will be available to you on the day of the practical session.

### **Plan of work**

You must complete a plan of work. It will show how you plan to use the 1½ hours available to you on the day of the practical session. The plan of work must include the following information:

- ◆ the starting time
- ◆ the completion time
- ◆ the sequence in which you are going to carry out all of the activities involved in the production of the two dishes
- ◆ the approximate timing for each activity

### **Preparing, cooking and serving the dishes**

In the practical examination you will have to follow your plan of work to prepare, cook and serve the two dishes within the 1½ hour time allocation. The dishes should be served as follows:

**Sweet and Sour Chicken with Rice** served 1 hour 15 minutes after the start in a hot, clean, tureen or bowl

**Mandarin Scone** served 1 hour 25 minutes after the start on a warm plate covered with a dish paper.

eg

Start time	10.00
Sweet and Sour Chicken with Rice to be served at	11.15
Mandarin Scone to be served at	11.25

Your teacher/lecturer will be observing you as you work. An external moderator from the Scottish Qualifications Authority may also observe. You must work throughout the practical session without any assistance from your teacher/lecturer unless it is to ask for a specific piece of equipment or food.

Your Practical Assignment will be marked as follows:

<b>Area to be marked</b>	<b>Marks available</b>
Planning	5 marks
Working methods:	
◆ basic preparation skills and techniques	5 marks
◆ flow of work plan	5 marks
◆ control of cookery processes	4 marks
Dishes produced:	
◆ Sweet and Sour Chicken with Rice	18 marks
◆ Mandarin Scone	18 marks
Professional practice:	
◆ observation of safety	7 marks
◆ observation of hygiene	8 marks

## Sweet and Sour Chicken with Rice

chicken breast	250 g
vegetable oil	15 ml
onion	50 g
carrot	50 g
green pepper	50 g
water	100 ml
pineapple juice	100 ml
vinegar	30 ml
soy sauce	20 ml
brown sugar	25 g
salt	pinch
cornflour	20 ml
long grain rice	150 g
pineapple chunks	50 g

- 1 Prepare the chicken, cut into cubes and reserve.
- 2 Slice the onion, pepper and carrot into thin strips and reserve.
- 3 Heat the oil in a pan and when hot, add the chicken pieces. Colour and remove from the pan into a clean container.
- 4 Place into the same pan the onion, pepper and carrot. Cook for two minutes over a low heat to soften.
- 5 Mix together the water, pineapple juice, vinegar, brown sugar, soy sauce and a pinch of salt. Blend this into the cornflour and then pour the mixture into the pan with the vegetables.
- 6 Bring the liquid to the boil, reduce the heat and add the chicken pieces. Simmer for 20 minutes.
- 7 **Rice** — bring a pan of salted water to the boil. Add the washed rice and cook for 12 – 15 minutes.
- 8 Add the pineapple into the sweet and sour for the last five minutes of the cooking time.
- 9 Drain the rice season to taste and keep warm.
- 10 Taste the chicken for seasoning and then serve with the rice in a warmed serving dish.

## Mandarin Scone

Plain flour	100 g
Baking powder	2 x 5 ml spoon
Wholemeal flour	100 g
Margarine	50 g
Caster sugar	50 g
Desiccated coconut	50 g
Eggs	2
Milk	180 ml
Drained canned mandarin segments	150 g
Green eating apple	1
Golden syrup	2 x 15 ml spoons

- 1 Set oven to 400° F, 200° C, Gas 6
- 2 Sieve flour and baking powder, add wholemeal flour.
- 3 Add margarine and rub into dry ingredients. Stir in sugar and coconut.
- 4 Beat eggs and reserve a little for brushing on top. Add remaining egg and sufficient milk to make an elastic dough. Set aside.
- 5 Chop mandarins roughly.
- 6 Wash, peel and grate the apple, discarding the core.
- 7 Mix the mandarins, apple and syrup.
- 8 Lightly grease a baking tray. Place a 20 cm flan ring in centre.
- 9 Half the scone dough. Knead lightly and roll out one half to a 20 cm circle and place within the flan ring.
- 10 Spoon the fruit onto the scone base leaving a 1 cm border.
- 11 Roll out the second half of the dough to 0.5 cm thick and cut out into circles using a 7 cm cutter
- 12 Overlap the circles round the edge of the scone base, pressing on the edges to seal.
- 13 Brush with the reserved egg and bake for 25 – 30 minutes or until golden brown.
- 14 Remove flan ring. Serve on a warm serving plate using a dish paper.

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**Hospitality: Practical Cookery  
Intermediate 1**

**Practical Assignment Exemplar 2**

**Centre Instructions**

The Practical Assignment for Hospitality: Practical Cookery at Intermediate 1 consists of two main stages:

- ◆ Planning
- ◆ Preparing, cooking and serving the dishes

### **Planning**

Candidates will plan the Practical Assignment **two weeks** prior to undertaking the practical examination. The date for the practical session is at the discretion of the centre. All planning work will be completed under the supervision of the teacher/lecturer. The planning will be worth 5 marks out of the 70 marks available.

Candidates must complete all planning tasks using the booklet provided. Candidates who do not complete the planning stage cannot undertake the practical session.

### **Plan of work**

Candidates must complete a plan of work for the practical session. It will show how they plan to use the 1½ hours available on the day of the session. Candidates must include the following information:

- ◆ the starting time
- ◆ the completion time
- ◆ the sequence in which activities involved in the production of the dishes will be carried out
- ◆ the approximate timing for each activity

On the date of the practical session the marked planning booklet **must** be made available to:

- ◆ the candidate
- ◆ the centre's internal moderator
- ◆ the external moderator, if the centre is selected for moderation

### **Preparing, cooking and serving the dishes**

Candidates will follow their plan of work to prepare, cook and serve the two dishes during the practical session. The following guidelines apply.

**Sweet and Sour Chicken with Rice** served 1 hour 15 minutes after the start in a hot, clean tureen or bowl

**Mandarin Scone** Serve 1 hour 25 minutes after the start on a warm, clean plate covered with a dish paper.

eg

Start time	10.00
Sweet and Sour Chicken with Rice served at	11.15
Mandarin Scone served at	11.25

### **Access to the practical area**

Only candidates who are involved in the practical assessment, the teacher/lecturer who is assessing and the SQA appointed moderator (if applicable) should be allowed in the practical area.

## Session conditions

All candidates must work under exam conditions. A maximum of 8 candidates should be examined at any one time. For the purposes of a moderation exercise, there will only be a maximum of 6 candidates examined.

Completed dishes are to be presented by the candidates in an area set aside for this purpose and must not be served on their work table. No additional materials are required for the purposes of displaying the food.

## Preparation allowed out with the specified production period

All equipment and foodstuffs should be supplied by the Centre. Candidates will be allowed to 'set up' their personal work areas with all the required cooking and serving equipment prior to the exam starting. Weighing and measuring of foodstuffs can also be carried out in advance (this is advisable in order to allow candidates the full allocation of time to prepare and present the dishes), but no preparation of raw ingredients is allowed e.g. peeling of vegetables.

Centres are required to have a supply of additional foodstuffs in case food or dishes are spoiled by candidates. Candidates must be encouraged to rectify mistakes providing that time is available and must be marked accordingly.

## Washing up

Candidates are required to adopt a 'clean as you go' method of work in order to comply with relevant health and safety requirements. If this does not happen, you must mark them accordingly.

## Marking

70 marks are allocated to planning, preparing, cooking and serving the dishes. Candidates will be marked as follows:

### Area to be marked

### Marks available

Planning	5 marks
Working methods:	
◆ basic preparation skills and techniques	5 marks
◆ flow of work plan	5 marks
◆ control of cookery processes	4 marks
Dishes produced:	
◆ Sweet and Sour Chicken with Rice	18 marks
◆ Mandarin Scone	18 marks
Professional practice:	
◆ observation of safety	7 marks
◆ observation of hygiene	8 marks

Centres are provided with a Marking Sheet which can be used for recording candidates' marks. Moderation Exercise Marking Sheets are also provided for recording the marks awarded to candidates identified as the sample for external moderation.

## Working methods

### *Basic preparation skills and techniques*

5 marks

These marks will be awarded holistically for competence in the range of basic preparation skills and techniques required across the two dishes. Additional specific marks are awarded for additional skills undertaken in each of the dishes. These additional mark allocations are indicated on the Marking Sheet.

- ◆ Weighing and measuring of ingredients 2 marks
  - Dry goods 1 mark
  - Liquids 1 mark
- ◆ Appropriate use of equipment 1 mark
- ◆ Competent knife skills 1 mark
- OR
- ◆ Excellent knife skills 2 marks

### *Flow of work plan*

5 marks

Candidates must follow their plan of work and will be marked according to how well they adhere to the times suggested for the different steps involved.

### *Control of cookery processes*

4 marks

Candidates must show an awareness of the importance of controlling all the cookery processes involved in the production of the meal. This would include monitoring the processes and reacting appropriately to circumstances as they occur.

- ◆ Correct colouring of chicken by shallow frying 1 mark
- ◆ Sauce simmered correctly 1 mark
- ◆ Cooking of rice by boiling 1 mark
- ◆ Baking of the scone base 1 mark

### *Observance of safety*

7 marks

Candidates must demonstrate an appreciation of safety throughout the examination and must be marked accordingly.

### *Observance of hygiene*

8 marks

Candidates must demonstrate an appreciation of hygiene practices throughout the examination. This includes both kitchen and personal hygiene.

## Dishes produced

The following recipes and marking criteria indicate the main points to be observed during the practical. These criteria are in addition to those provided above.

## Sweet and Sour Chicken with Rice

chicken breast	250 g
vegetable oil	15 ml
onion	50 g
carrot	50 g
green pepper	50 g
water	100 ml
pineapple juice	100 ml
vinegar	30 ml
soy sauce	20 ml
brown sugar	25 g
salt	pinch
cornflour	20 ml
long grain rice	150 g
pineapple chunks	50 g

- 1 Prepare the chicken, cut into cubes and reserve.
- 2 Slice the onion, pepper and carrot into thin strips and reserve.
- 3 Heat the oil in a pan and when hot, add the chicken pieces. Colour and remove from the pan into a clean container.
- 4 Place into the same pan the onion, pepper and carrot. Cook for two minutes over a low heat to soften.
- 5 Mix together the water, pineapple juice, vinegar, brown sugar, soy sauce and a pinch of salt. Blend this into the cornflour and then pour the mixture into the pan with the vegetables.
- 6 Bring the liquid to the boil, reduce the heat and add the chicken pieces. Simmer for 20 minutes.
- 7 **Rice** — bring a pan of salted water to the boil. Add the washed rice and cook for 12 – 15 minutes.
- 8 Add the pineapple into the sweet and sour for the last five minutes of the cooking time.
- 9 Drain the rice season to taste and keep warm.
- 10 Taste the chicken for seasoning and then serve with the rice in a warmed serving dish.

## Sweet and Sour Chicken with Rice — allocation of marks

<i>Preparation of ingredients</i>	2 marks
◆ washing/drying of chicken	
◆ rice washed	
<i>Cutting and shaping</i>	3 marks
◆ chicken cut into cubes	
◆ vegetables sliced correctly	
◆ separate board used	
<i>Controlled addition of ingredients</i>	2 marks
◆ sauce ingredients added/mixed correctly	
◆ cornflour blended in	
<i>Cooking of dish</i>	8 marks
◆ chicken removed and stored appropriately after initial cooking	
◆ vegetables cooked properly as per step 4	
◆ liquid added at the correct stage – step 6	
◆ mixture stirred to avoid lumps	
◆ chicken added to the liquid at the correct stage – step 6	
◆ pineapple added at the correct stage – step 8	
◆ rice drained after cooking	
◆ rice kept warm appropriately prior to service	
<i>Finishing the dish</i>	2 marks
◆ chicken/sauce is tasted/seasoned properly	
◆ rice is tasted/seasoned properly	
<i>Presentation</i>	1 mark
◆ food is served appropriately on a warmed serving dish	

## Mandarin Scone

Plain flour	100 g
Baking powder	2 x 5 ml spoon
Wholemeal flour	100 g
Margarine	50 g
Caster sugar	50 g
Desiccated coconut	50 g
Eggs	2
Milk	180 ml
Drained canned mandarin segments	150 g
Green eating apple	1
Golden syrup	2 x 15 ml spoons

- 1 Set oven to 400° F, 200° C, Gas 6
- 2 Sieve flour and baking powder, add wholemeal flour.
- 3 Add margarine and rub into dry ingredients. Stir in sugar and coconut.
- 4 Beat eggs and reserve a little for brushing on top. Add remaining egg and sufficient milk to make an elastic dough. Set aside.
- 5 Chop mandarins roughly.
- 6 Wash, peel and grate the apple, discarding the core.
- 7 Mix the mandarins, apple and syrup.
- 8 Lightly grease a baking tray. Place a 20 cm flan ring in centre.
- 9 Half the scone dough. Knead lightly and roll out one half to a 20 cm circle and place within the flan ring.
- 10 Spoon the fruit onto the scone base leaving a 1 cm border.
- 11 Roll out the second half of the dough to 0.5 cm thick and cut out into circles using a 7 cm cutter
- 12 Overlap the circles round the edge of the scone base, pressing on the edges to seal.
- 13 Brush with the reserved egg and bake for 25 – 30 minutes or until golden brown.
- 14 Remove flan ring. Serve on a warm serving plate using a dish paper.

## Mandarin Scone — allocation of marks

### *Preparation of scone base*

4 mark

- ◆ Sieving of plain flour and baking powder
- ◆ Rubbing in of fat to flour
- ◆ Elastic dough formed
- ◆ Dough set aside to rest

### *Preparation of filling*

2 marks

- ◆ Mandarins chopped roughly
- ◆ Apple grated correctly

### *Preparing for baking*

8 marks

- ◆ Baking tray greased lightly
- ◆ Dough kneaded appropriately
- ◆ Rolled out appropriately
- ◆ Rolled to correct size (20 cm)
- ◆ Scone circles prepared appropriately
- ◆ Scone circles overlapped
- ◆ Edges of scone circles sealed
- ◆ Glazed with egg.

### *Serving the dish*

4 marks

- ◆ Flan ring removed
- ◆ Golden brown colour
- ◆ Served on warm dish
- ◆ Served on dish paper

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**X201/10**

NATIONAL  
QUALIFICATIONS  
Exemplar 2

**HOSPITALITY  
PRACTICAL  
COOKERY  
INTERMEDIATE 1**  
Practical Assignment  
Planning Booklet

Fill in these boxes and read what is printed below.

Full name of centre

Town

Forename(s)

Surname

Date of birth

Day Month Year

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Scottish candidate number

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Date

Complete the planning sheets provided

This booklet must be handed to your teacher/lecturer for marking.

This booklet must be retained by the centre. **Do not** return to SQA<sup>®</sup>.

## Plan of work

Starting Time: 10.00 am

Finishing time: 11.30 am

<i>Times</i>	<i>Sequence of tasks</i>
10.00 – 10.05	Hands washed, apron on, set oven Gas 6.
10.05 – 10.12	Prepare chicken for stir fry and reserve in covered dish. Wash area thoroughly after and replace chopping board.
10.12 – 10.22	Prepare vegetables — slice onion, pepper and carrot into thin strips. Reserve on plate for later use.
10.22 – 10.30	Tidy work area and wash dishes. Collect ingredients for scone.
10.30 – 10.40	Prepare scone dough for the dessert remembering to add sugar and coconut. Set aside in covered bowl until required.
10.40 – 10.45	Prepare fruit filling.
10.45 – 10.47	Prepare baking tray and flan ring. Knead and roll out 1st half, place in ring.
10.47 – 10.50	Place fruit on top of scone dough.
10.50 – 11.00	Prepare second half of dough and cut into circles. Place on top of base. Glaze and bake.
11.00 – 11.05	Stir fry chicken and reserve. Stir fry onion, pepper and carrot.
11.05 – 11.08	Add remaining ingredients and bring to boil. Simmer 20 mins. Boil water for rice.
11.08 – 11.10	Wash rice and add to pan to boil.
11.10 – 11.20	Tidy area and wash dishes.
11.20 – 11.28	Drain rice and place on serving dish. Add chicken mixture to serving dish. Remove scone from oven.
11.28 – 11.30	Serve all dishes.

**This page is for teacher/lecturer use only**

	<i>Marks Available</i>	<i>Marks Awarded</i>	<i>Teacher/lecturer comments</i>
<b>Plan of work</b>	<b>5 marks</b>	<b>2 Marks</b>	<p>There were a few mistakes and some assistance given to finalise the plan.                      Examples of mistakes included:                      Pineapple not added to chicken dish in plan                      10.45 Timing too short for activities                          Chicken dish served at wrong time                          Scone served at wrong time                      11.00 Timing too short for activities                      11.05 Chicken not returned to pan                      11.20 Timings need adjusted                      No indication of warming serving dishes</p>

Signature of teacher/lecturer: \_\_\_\_\_ Date: \_\_\_\_\_

The mark awarded for planning (5 marks) should be added to the mark awarded for the practical.

Centre:

Date:

	Planning mark	Working methods				Quality of dishes produced												Professional practice			TOTAL MARK AWARDED	
		Basic skills & techniques	Work flow	Control of cookery processes	SUB TOTAL	Sweet and Sour Chicken						Mandarin Scone						Safety aspects	Hygiene practices	SUB TOTAL		
						Preparation of ingredients	Cutting and shaping	Controlled addition of ingredients	Cooking of dish	Finishing the dish	Presentation	SUB TOTAL	Preparation of scone base	Preparation of filling	Preparation for baking	Preparation for serving	SUB TOTAL					
CANDIDATE	5	5	5	4		2	3	2	8	2	1		4	2	8	4		7	8			