

Candidate Name	Exemplar D
Class	
Centre	
Centre number	

Start date: 4 FebruaryFinish date: 21 February

Complete the clear parts of the chart below to give a brief outline plan for your practical assignment.
The shaded areas are to be completed by your teacher.

Activity	Dates	Time allocation	Grade	Teacher comments to justify grades
Analysing	04/02	45 mins		
Planning	05/02 07/02	55 mins 35 mins		
Carrying out	11/02 19/02	53 mins 53 mins		
Evaluating	18/02 21/02	40 mins 35 mins		
Overall grade				

Analysing

Write your Practical Assignment brief in the box below.

A supermarket is developing a healthy-eating recipe book. Create suitable items.

Underline all of the key points to be considered from the Practical Assignment brief.

Rough work — this section will not be marked

Using the chart below:

- ◆ Write down **each** of the underlined **key points**.
- ◆ Explain why you think **each** of the **key points** is **important**.
- ◆ You may not need to use all eight boxes in the chart.

	Key point	Explanation of how the key point links to the assignment brief
1	Supermarket	They try and get people to buy their own brand foods by using the own brands in the recipes.
2	Developing	They are developing a healthy eating recipe book but dishes will have to look interesting and different to give customers a new choice of food.
3	Healthy Eating	This is thinking of the Scottish diet action plan where dishes have to meet the points. It is important to cover as big a range of foods as possible.
4	Recipe Book	The recipes will need to look nice and appeal to customers. Also if recipes are long and boring then customers will not want to make them.
5	Create	I have to think about what I am able to do and I will have to think about the skills that I have. The dishes have to be easy to make.
6	Suitable	There has to be different tastes as different people will have wide variety of tastes.
7	Items	It doesn't just have to be meals it can be drinks, snacks as well. Also items must be different and not all the same type.
8		

Using the chart below:

- ◆ Write down any **additional** points that you think might be important.
- ◆ Explain why you think **each** of these **additional points** is **important**.
- ◆ You may not need to use all four boxes in the chart.

	Additional point	Explanation
9	Cost	This will be important as you want people to cook it on a regular basis so we want them to get the ingredients for the best value for money.
10	Special Dietary needs	This is important because the range of dishes I might make may need to be nut free just in case people have nut allergies.
11	Age	You have to think about all age groups and not one particular group. This is important because you want to appeal to all age groups.
12		

Grade Awarded (Analysing)	For official use only

Planning

Use the chart below to list the items that you **could** make and tick which **key points** and **additional points** are met.

List the items that you could make here ↓	List your key points here →	Supermarket	Developing	Healthy Eating	Recipe Book	Create	Suitable	Items	List your additional points here →	Cost	Special Dietary Needs	Age	
		1	2	3	4	5	6	7		8	9	10	11
Use a tick (✓) if the item meets the main point or additional point													
Fish and pasta creole		✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	
Fresh fruit salad		✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	
Raspberry creams		✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	
Carrot soup		✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	

Chosen items

Use the box below to list the items you have chosen to make.

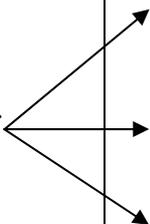
1 Fish and Pasta Creole	4 Carrot Soup
2 Fresh Fruit Salad	5
3 Raspberry Creams	6

Use the following chart:

- ◆ **Identify each** key point and additional point identified in the analysing strand.
- ◆ **Explain why the items chosen** link back to **each** key and additional point.

Key/additional point	Explanation (Explain why the items chosen link back to each key and additional point, bullet points should be used)
1. Supermarket	<ul style="list-style-type: none"> ◆ All of the items chosen can be made using the supermarkets own brand ingredients so the customers will get these foods at a low price making the items economical to make.
2. Developing	<ul style="list-style-type: none"> ◆ The items are a mixture of well known and more unusual recipes. All of the items can be developed using different ingredients to make them more interesting.
3. Healthy eating.	<ul style="list-style-type: none"> ◆ All of the items are healthy as they meet some of the Scottish dietary targets: ◆ Creole meets the targets for complex carbohydrates, vegetables and fish as it contains pasta, peppers, onions and mushrooms. ◆ Fruit salad and raspberry cream meet the target for increasing fruit consumption because of the raspberries. ◆ Carrot soup meets the target for increasing vegetable consumption as it contains a selection of vegetables
4. Recipe book	<ul style="list-style-type: none"> ◆ All of the recipes are quick and easy to make which should appeal to the consumer.
5. Create	<ul style="list-style-type: none"> ◆ All of the items are within my skills and abilities to make as I have made some of them before and others are quite straightforward and I have the skills to make them.
6. Suitable	<ul style="list-style-type: none"> ◆ The items are all suitable and healthy, providing variety for the recipe book.
7. Items	<ul style="list-style-type: none"> ◆ The items chosen are a mixture of main meals, snacks and desserts which is what is wanted in the recipe book.
9. Cost	<ul style="list-style-type: none"> ◆ Supermarket own brands and produce can be used for the recipes making them cost effective by keeping the price low.
10. Special dietary needs.	<ul style="list-style-type: none"> ◆ The items chosen do not contain any nuts and so will be suitable for anyone with a nut allergy.

(extra point of explanation)



<p>11. Age</p> <p><i>(extra point of explanation)</i> →</p>	<ul style="list-style-type: none"> ◆ All of the items chosen will appeal to different age groups as: Fish and pasta creole will appeal to adults more but there may be an appeal for younger people because of the pasta. The variety of fruits in the fruit salad should encourage all age groups to try it. Carrot soup should appeal to all age groups as it is simple and only has a few ingredients. ◆ The fruit and the milk in the raspberry cream will appeal to all age groups as it is a creamy pudding providing a variety of nutrients needed by all — protein for growth and repair and vitamin C to help the absorption of iron.
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Grade Awarded (Planning)	For official use only

Work sequence

Use the following chart to:

Complete a work sequence for the carrying out of the practical assignment.

(The work sequence is for your own use and will **not** be marked.)

Work sequence		Comments (As you work, use this column to record any good points or problems you meet, or changes you make)

Now make the item(s) for your Practical Assignment

Grade Awarded (Carrying out)	For official use only

Evaluating

Complete the chart below to:

- ♦ evaluate each item(s) you made

Use the following key to indicate your evaluation for each item

Evaluation	Score
Very good	★ ★ ★
Good	★ ★
Needs improvement	★

Evaluation area →	Appearance	Texture	Taste (Food items only)	Colour (Textile items only)
Item(s) made ↓				
Raspberry Creams	★ ★ ★	★ ★ ★	★ ★ ★	
Fish and Pasta Creole	★ ★	★ ★	★ ★	
Carrot Soup	★	★	★	
Fresh fruit salad	★ ★ ★	★ ★ ★	★ ★ ★	

Use the following charts to:

- ◆ Explain why you have given **each** item the **score** in the previous chart.

Item(s) made	Score given	Explanation for the score given to the item for appearance
Raspberry Creams	★★★	I thought that the appearance looked very good as the gelatine worked and they had set well like they were supposed to.
Fish and Pasta Creole	★★	I thought that the appearance only looked good because it looked very yellow as it had lots of sweetcorn in it.
Carrot Soup	★	I thought the appearance could be improved. I thought that it looked as if it had lumps in it and didn't look very thick.
Fresh fruit salad	★★★	The appearance looked very good as it had various different colours and it looked really bright.

Item(s) made	Score given	Explanation for the score given to the item for texture
Raspberry Creams	★★★	I thought the texture of this item was very light and fluffy as it was meant to be.
Fish and Pasta Creole	★★	I thought that the fish was nice and tender but I thought that the pasta wasn't cooked right and was still a bit hard.
Carrot Soup	★	I thought that the soup was really watery and could have done with more vegetables/less water to make it thicker, but it was quite lumpy as well.
Fresh fruit salad	★★★	The texture of this dish was very good I thought that the fruit was very soft but not soggy.

Item(s) made	Score given	Explanation for the score given to the item for taste (food item only)
Raspberry Creams	★★★	I thought that this item tasted right and it tasted very light and raspberry taste a mousse type dish.
Fish and Pasta Creole	★★	I thought that this item had a bit too much garlic but I thought that the fish and pasta made a really good taste together.
Carrot Soup	★	I thought that the carrot soup had really too much carrot in it and could have done with another different flavour, eg garlic.
Fresh fruit salad	★★★	I thought that this had many magnificent flavours in it. It also tasted different as I used apple juice and this gave it a very natural taste.

Item(s) made	Score given	Explanation for the score given to the item for colour (textile item only)

Evaluate your assignment using the following headings:

Evaluative comment on analysing

- ◆ I think I managed to identify all the key points and suitable additional points.

Evaluative comment on planning

- ◆ An improvement point I would think about is including clearing up in the time I have and that I was slightly over time for doing my clearing up.

Evaluative comment on carrying out

- ◆ I thought that when I carried out my practical work it went well. I thought that the second day of cooking went better than the first day. Overall I feel that I carried out my practical work really well but I would change what dishes I done on what days. I would change the first day's dishes raspberry cream to my second days dish carrot soup and make fish and pasta creole and fresh fruit salad on the same day.

Evaluative comment on final item(s)

- ◆ My final items turned out better than I expected. They turned out really good. I thought my fish and pasta Creole dish looked better than what I thought. All my other dishes were good as well. If I was to remake all my dishes again I wouldn't change anything as I was personally really happy with my results and dishes.

Grade Awarded (Evaluating)	For official use only

Exemplar D	
ANALYSING	
Identification of key points	Candidate identifies all the key points.
Explanation of key points	Explanations provided are valid and relevant, linking back to the assignment brief.
Identification of additional points	Three additional points identified which link back to the assignment brief.
Explanation of additional points	The explanations provided for the additional points are appropriate.
	GRADE AWARDED FOR ANALYSING Grade 1
PLANNING	
Key/additional points	4 items provided as possibilities.
Chosen item 1	Fish and pasta creole is an appropriate choice as all boxes are ticked.
Chosen item 2	Fresh fruit salad is an appropriate choice as all boxes are ticked.
Chosen item 3	Raspberry creams are an appropriate choice as all boxes are ticked.
Chosen item 4	Carrot soup is an appropriate choice as all boxes are ticked.
Explanation of key/additional points.	Explanations cover all key and additional points but at times these explanations are brief/minimal.
Additional explanations	Additional explanations provided.
	GRADE AWARDED FOR PLANNING Grade 1
CARRYING OUT	
	Grade 3 awarded by the centre and confirmed by the moderator.
	GRADE AWARDED FOR CARRYING OUT Grade 3
EVALUATING	
Evaluation — star rating	Star ratings awarded to all dishes produced.
Evaluation — explanation of star rating for appearance	Explanations link to the star ratings provided.
Evaluation — explanation of star rating for texture	Explanations link to the star ratings provided.
Evaluation — explanation of star rating for taste	Explanations link to the star ratings provided.
Evaluative comment on Analysing strand	No evaluation provided.
Evaluative comment on Planning strand	No evaluative comment provided.
Evaluative comment on Carrying Out strand	No evaluation provided — simply a series of statements.
Evaluative comment on Final Items	One evaluative comment made at the end but this does not link with the star ratings provided so comment is not valid.
	GRADE AWARDED FOR EVALUATING Grade 3

Note: In the planning section numbers have been added to show which key and/or additional points the explanations link back to.

Overall grade = 1+1+3+3+3 = 11 11/5 = 2.2

Overall grade = 2