

Possible Menu (Food and Drink Items)**ONE COURSE MEAL FOR PRETEEN BOYS**

1. Boiled Rice/French fries
2. Beef stew/Pea stew
3. Steamed cabbage/green leafy vegetables
4. Nutritious drink – fresh fruit juice/fruit punch

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	AREAS OF ASSESSMENT	MAXIMUM SCORE	ACTUAL SCORE	REMARKS
1.	PLAN Recipes – Availability ($4 \times \frac{1}{2}$) – Correct quantity ($4 \times \frac{1}{2}$) (enough for two) – Appropriate choice (for the age) Order of work – Availability – Proper sequencing List of foodstuffs – Availability – Adequacy (enough for two) – Appropriateness List of equipment – Availability – Adequacy – Appropriateness	 2 2 2 1 1 1 2 2 1 1 1		
	SUB-TOTAL	16		
2.	PREPARATION AND COOKING Correct procedure for preparation – Item 1 (carbohydrate) – Item 2 (protein) – Item 3 (vegetables) – Item 4 (nutritious drink) Correct procedure for cooking – Item 1 – (carbohydrate) – Item 2 – (protein) – Item 3 – (vegetables) Methods of cooking (at least two) Quality of results (colour, texture, taste, consistency) – Item 1 – (carbohydrate) – Item 2 – (protein) – Item 3 – (vegetable) – Item 4 – (nutritious drink)	 1 1 1 2 1 1 1 2 1 1 1 1		
	SUB-TOTAL	14		



	AREAS OF ASSESSMENT	MAXIMUM SCORE	ACTUAL SCORE	REMARKS
3.	<p>PRESENTATION</p> <p>Utensils</p> <ul style="list-style-type: none"> - Appropriate 1 - Clean 1 <p>Table layout</p> <ul style="list-style-type: none"> - Well laid tablecloth 2 - Centre piece (mark by impression) 2 - Correct set-up cutlery and glassware (1) laid at the right position (1) 2 - Accompaniments (salt and pepper shakers) 1 <p>Hygiene</p> <ul style="list-style-type: none"> - Food hygiene <ul style="list-style-type: none"> - during preparation ½ - during cooking ½ - Kitchen hygiene <ul style="list-style-type: none"> - during preparation ½ - during service ½ - Personal hygiene <ul style="list-style-type: none"> - when handling food ½ - grooming ½ 			
	SUB-TOTAL	12		
4.	<p>ECONOMY OF RESOURCES</p> <p>Use of water</p> <ul style="list-style-type: none"> - taps closed when not in use ½ - no spillages of water ½ <p>Food</p> <ul style="list-style-type: none"> - no excess food peelings ½ - utilises all food ordered ½ <p>Materials</p> <ul style="list-style-type: none"> - using materials for the right purpose ½ - no wastage (use of excess materials) ½ <p>Fuel</p> <ul style="list-style-type: none"> - simmering when necessary ½ - switching on and off source of fuel appropriately ½ <p>Clearing up</p> <ul style="list-style-type: none"> - "clearing as you go" during the practical session 2 - After work 2 			
	SUB-TOTAL	8		
	TOTAL	50		
	Final mark = $\frac{\text{Actual score}}{2}$	25		

