

FOOD NUTRITION & HEALTH

SBA 2

Marking Guide

1. PLANNING: (a) Interpret Activity (1 mark)

The name of the dishes MUST be stated in the section 'Choice of Work' in the Plan Sheet.

Q 1: Diabetes Awareness Health Fair: Three-course Meal Diabetic Meal	Mark
A Vegan Appetizer Dish	1 mark
A Protein Dish	1 mark
A Cooked Starchy Dish	1 mark
An Interesting Raw Vegetable Salad	1 mark
A Suitable Dessert	1 mark
Quantities suitable for 3 persons	1 mark
Total (your total divided by 6)	$6 \div 6 = 1$ mark

Q 2: Heritage Week Three-course Ethnic Meal	Mark
A Suitable Appetizer	1 mark
A Protein Rich Entrée	1 mark
A Cooked Starchy Dish	1 mark
A Cooked Non-Starchy Vegetable Dish	1 mark
A Culturally Relevant Sweet Item	1 mark
Quantities suitable for 3 persons	1 mark
Total (your total divided by 6)	$6 \div 6 = 1$ mark

2. PROCESS:

(a) Weigh, measure and prepare ingredients accordingly for dishes – 1 mark

- Selects the correct ingredients for the dishes.
- Organizes ingredients efficiently for food preparation
- Accurately weighs and measures ingredients using appropriate equipment.
- Prepares ingredients according to recipe requirements (e.g., washing, peeling, chopping, slicing, grating, draining).

(b) Sequence work flow in logical and efficient manner within the stipulated time frame – 1 mark

- Organizes and completes dishes in the correct order.
- Demonstrates appropriate planning and workflow throughout the activity.
- Uses time efficiently by avoiding unnecessary repetition or delays.
- Transitions smoothly from one dish to the next.
- Completes all required dishes within the stipulated time.

(c) Demonstrate appropriate food preparation techniques and skills in preparing dishes/items **(6 marks)**

• Selects and uses appropriate utensils, equipment, and preparation methods. 1 mark																		
• Demonstrates correct food preparation techniques 2 marks <table><tr><td>Washing</td><td>Chopping</td><td>Blending</td><td>Folding</td><td>Grating</td><td>Kneading</td></tr><tr><td>Peeling</td><td>Slicing</td><td>Rubbing-in</td><td>Whipping</td><td>Mixing</td><td>Stirring</td></tr><tr><td>Creaming</td><td></td><td></td><td></td><td></td><td></td></tr></table>	Washing	Chopping	Blending	Folding	Grating	Kneading	Peeling	Slicing	Rubbing-in	Whipping	Mixing	Stirring	Creaming					
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Peeling	Slicing	Rubbing-in	Whipping	Mixing	Stirring													
Creaming																		
• Applies suitable cooking methods and procedures for the dishes/items being prepared. 2 marks <table><tr><td>Saut��ing</td><td>Deep frying</td><td>Grilling</td><td>Blind baking</td></tr><tr><td>Stir-frying</td><td>Boiling</td><td>Steaming</td><td>Braising</td></tr><tr><td>Shallow frying</td><td>Baking</td><td>Stewing</td><td>Blanching</td></tr><tr><td>Simmering</td><td>Roasting</td><td>Temperature Control</td><td>Oven Management</td></tr></table>	Saut��ing	Deep frying	Grilling	Blind baking	Stir-frying	Boiling	Steaming	Braising	Shallow frying	Baking	Stewing	Blanching	Simmering	Roasting	Temperature Control	Oven Management		
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• Handles food safely and efficiently while maintaining quality and minimizing waste. 1 mark																		

(d) Demonstrate appropriate hygiene and sanitation practices **(2 marks)**

Hygiene – 1 mark	Sanitation – 1 mark
Regular hand washing Use of tongs/gloves for handling food items Use of paper towel or clean towels for drying hands Fingernails short, clean and unpolished Cover cuts	Use of clean utensils Washing utensils after use Cleaning counter tops with appropriate cleaning items Cleaning cooker with appropriate cleaning items Cleaning up spills Proper disposal of waste products

3. EVALUATION AND PRESENTATION

(a) Dishes/items have the correct consistency, texture, colour and suitable flavour (2 marks)			
Correct consistency / texture	1 dish/item - ¼ mark	2 – 3 dishes/items - ½ mark	4 - 5 dishes/items - 1 mark
Correct colour and suitable flavour	1 dish/item - ¼ mark	2 – 3 dishes/items - ½ mark	4 - 5 dishes/items - 1 mark
(b) Dishes/items served at the correct temperature (1 mark)			
Correct temperature	1 dish/item - ¼ mark	2 – 3 dishes/items - ½ mark	4 - 5 dishes/items - 1 mark
(c) Dishes/items attractively garnished/decorated and presented (1 mark)			
Attractively garnished/ decorated and presented	1 dish/item - ¼ mark	2 – 3 dishes/items - ½ mark	4 - 5 dishes/items - 1 mark