



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

CONSUMER STUDIES (FOOD PRODUCTION)

GUIDELINES FOR PRACTICAL ASSESSMENT TASKS

2018

This guideline consists of 30 pages.

THE PRACTICAL ASSESSMENT TASK FOR CONSUMER STUDIES FOOD PRODUCTION

1. INTRODUCTION

The 16 Curriculum and Assessment Policy Statement subjects which contain a practical component all include a practical assessment task (PAT). These subjects are:

- **AGRICULTURE:** Agricultural Management Practices, Agricultural Technology
- **ARTS:** Dance Studies, Design, Dramatic Arts, Music, Visual Arts
- **SCIENCES:** Computer Applications Technology, Information Technology
- **SERVICES:** Consumer Studies, Hospitality Studies, Tourism
- **TECHNOLOGY:** Civil Technology, Electrical Technology, Mechanical Technology and Engineering Graphics and Design

A practical assessment task (PAT) mark is a compulsory component of the final promotion mark for all candidates offering subjects that have a practical component and counts 25% (100 marks) of the end-of-year examination mark. The PAT is implemented across the first three terms of the school year. This is broken down into different phases or a series of smaller activities that make up the PAT. The PAT allows for learners to be assessed on a regular basis during the school year and it also allows for the assessment of skills that cannot be assessed in a written format, e.g. test or examination. It is therefore important that schools ensure that all learners complete the practical assessment tasks within the stipulated period to ensure that learners are resulted at the end of the school year. The planning and execution of the PAT differs from subject to subject.

- During the practical assessment task the learner must demonstrate his/her knowledge and practical ability/skills to produce a variety of quality food products focusing on suitability for selling.
- The practical assessment task for Consumer Studies for Grade 12 consists of two practical examinations of 3 hours each. Learners perform these practical examinations individually.
 - **Term 2: Practical examination 1**
Learners will make and present products selected for the micro-enterprise for the project in term 1.
 - **Term 3: Practical examination 2**
Learners will produce a variety of food products for selling, using a variety of skills and techniques.
Learners will perform the practical examinations individually.

2. MARK ALLOCATION

- Each exam consists of 100 marks. The mark for the final practical assessment task is obtained by combining the marks for the two examinations as indicated below:

Practical examination 1: term 2	100
Practical examination 2: term 3	100
Total	200 ÷ 2
Final mark for PAT	100

- The marks for the PAT are part of the end-of-the-year assessment.
- The province will provide two separate computerised mark sheets, one for SBA and one for the PAT. Both mark sheets must be signed by the teacher, principal and moderator.

3. REQUIREMENTS FOR THE PRACTICAL EXAMINATIONS

Consumer Studies is a choice subject with five different practical options. If the school chooses to offer Consumer Studies as a subject and selects the Food Production practical option, the equipment and funds necessary to conduct the PAT, as well as the specified number of practical lessons are the responsibility of the school, as specified in the CAPS document.

Ensure the following:

- A suitable training kitchen with the necessary equipment must be available: a minimum of six stoves (gas/electric); a refrigerator; electricity/gas; sinks with running hot and cold water and equipment and utensils for preparation and cooking.
- A minimum of R80 to a maximum of R100 per learner for EACH of the two practical examinations is required to purchase ingredients to make the required products, besides the funding required for the SBA practical lessons.
- Divide the learners into groups of a maximum of 12. Twenty-four learners (two groups of 12 learners) can perform the examination on the same day, e.g. from 08:00 to 11:00 and from 12:00 to 15:00.
- The teacher needs time between the two sessions to prepare the classroom for the following group.
- Schools with large numbers of learners will need more than one day to complete this examination.

4. REQUIRED TIME FRAME

A time frame of THREE hours in total is required per examination. The 3 hours should be allocated as follows:

- **15 minutes** for learners to draw their tests, to settle down at the workstations allocated to them and to study the recipes and the sequence of work received. Learners may also start collecting ingredients and equipment during this time.
- **2 hours** for the preparation of the products under examination conditions.
- **45 minutes** for the teacher to do evaluation, check the workstations of the learners and complete the mark sheets.

5. SETTING THE PRACTICAL EXAMINATIONS

5.1 Practical examination 1 (term 2)

- This practical examination **must be slotted into the test and examination timetable in the second term.**
- Learners will make the products they chose for their micro-enterprises (project term 1). The production process and saleability of the products form an important aspect of this examination.

5.2 Practical examination 2 (term 3)

- This examination will take place on a date agreed upon with the moderator.
- During the practical examination in term 3 learners must demonstrate a variety of culinary skills. Assessment will focus on the production process and the saleability of the products.
- The teacher must set a **minimum of FOUR different tests** that are suitable for the available budget and other resources of the school.

- Each test must:
 - Have at least two products
 - Have a minimum skills-code weighting of 20 points
 - Include a variety of culinary skills and techniques
- Include ONE of the following PER TEST. A product selected for one test may not be repeated in another to ensure that a variety of skills and techniques are tested in each test.
 - Yeast product (baked or deep-fried)
 - Choux pastry
 - A gelatine dish (not commercial jelly)
 - Home-made short crust pastry for tarts, pies or quiche
 - Swiss roll
 - Soft meringue, such as lemon meringue pie or queen of bread pudding
 - Sugar cookery
- The second product can include any appropriate skill or technique as long as the total skills-code weighting adds up to a minimum of 20 points. The weighting of the two products will be equal or as equal as possible.
- All recipes must:
 - Be neatly typed in standard or action format
 - Have clear instructions in short sentences and easy language
 - Be small, 2–3 portions
 - Be suitable for the available budget and other resources of the school
 - Be suitable for selling
 - Include the expected taste, texture and appearance (desirable qualities) of each product
 - Be clearly illustrated

6. PREPARING FOR THE EXAMINATION

The teacher is responsible for the following:

- Set the dates for both examinations. Communicate these dates to the SMT of the school to ensure that these dates do not clash with other school activities. It should be slotted into the school timetable for tests/examinations.
- All the equipment must be in working order and the stoves have to be serviced and repaired before the start of the practical examinations.
- Photocopy the tests (recipes and work order) for the learners.
- Prepare mark sheets with the learners' names and their examination numbers.
- Provide the learners with all the recipes included in the four tests (not in test format) **one week (7 school days)** before the date of the examination of the first group of learners so that they can prepare. They should not know how the recipes will be combined in test format, nor should they know which recipes they will draw.
- Calculate the quantities to be purchased according to the number of learners in Grade 12.
- Plan the final shopping list with the estimated prices.
- Purchase the ingredients.
- Clean and tidy up the training kitchen.
- Put out the necessary equipment and ingredients. Learners should not run around during the examination looking for equipment in the storeroom, all equipment must be readily available at their work stations. Set up an ingredient table and an equipment table (if needed) for each session.

7. PERFORMING THE EXAMINATION

7.1 Practical examination 1 in term 2: 3 hours

- When entering the examination room, each learner will receive his/her recipes as selected for the project in term 1.
- Learners will have 15 minutes to study the recipes and the sequence of work before commencing with the practical examination.
- Learners performing the same test must be placed at different work stations, e.g. a learner performing test 1 could share a work station and stove with a learner performing test 3.
- The products should be ready for assessment after 2 hours. Learners will **lose 2 marks for every 5 minutes late** up to a maximum of 20 marks.
- Only the teacher, the moderator and the learners may be in the room during the practical examination.
- The teacher must invigilate and assess the learners while they are performing the practical examination and he/she may NOT do any other work or assist the learners in any way.
- The teacher is NOT allowed to give any assistance to the learners during the practical examination.
- On completion of both products, learners may serve. Learners do not have to wait until the end of the 2-hour period.
- Learners are allowed to do final clean up while the teacher is assessing their products.

7.2 Practical examination 2 in term 3: 3 hours

- When entering the examination room each learner will draw ONE of the four tests.
- Learners will have 15 minutes to study the recipes and the sequence of work before commencing with the practical examination.
- Learners performing the same test must be placed at different work stations, e.g. a learner performing test 1 could share a work station and stove with a learner performing test 3.
- The products should be ready for assessment after 2 hours. Learners **will lose 2 marks for every 5 minutes late** up to a maximum of 20 marks.
- Only the teacher, the moderator and the learners may be in the room during the practical examination.
- The teacher must invigilate and assess the learners while they are performing the practical examination, and may NOT do any other work or assist the learners in any way.
- On completion of both products, learners may serve. Learners do not have to wait until the end of the 2-hour period.
- Learners are allowed to do final clean up while the teacher is assessing their products.

8. EVALUATION

- The teacher and external moderator have 45 minutes to evaluate the final products, inspect the learners' work stations and complete the mark sheets.
- While their products are being evaluated the learners should tidy their workstations so that the teacher/moderator may inspect the workstations for the final allocation of marks.

9. MODERATION OF THE PRACTICAL EXAMINATION**9.1 BEFORE practical examination 1**

The teacher must submit the following to the subject advisor for approval during the last week of term 1 or earlier:

- The tests and relevant recipes indicating the weighting of the techniques according to the skills code
- The proposed date for external on-site moderation for the last group of learners
- This date should be negotiated with the subject advisor
- The sequence of work of each test
- The memorandum with the desirable qualities of each product for each test
- The planning for the purchases
- A draft budget and the estimate cost per learner (must be available on request)
- The checklist signed by the principal

The examination cannot take place unless the subject advisor has approved the items above.

9.2 ON THE DAY of practical examination 2

- During term 3 the last group of a maximum of 12 learners will be externally moderated by the relevant subject advisor while they are performing the practical examination at the school.
- The teacher must have the following available for the moderator on the day of moderation:
 - The marks of all the learners for PAT 1 in term 2
 - The marks of all the learners who finished PAT 2 in term 3
 - A copy of the completed mark sheet for practical lessons
 - A copy of the four tests the learners will be performing
 - A separate set of assessment tools for the moderator to use, with the names and examination numbers of the learners already written on the mark sheet
- The moderator will select six candidates from the last group at random and assess the learners independently while they are performing the examination.
- Afterwards the moderator will compare his/her assessment with the assessment of the teacher. If the moderator finds that the marks of the teacher differ more than 10% from his/her marks, a block adjustment upwards or downwards should be made based on the difference.
- The computerised mark sheet must be completed on the day of moderation.

- The table below demonstrates how to determine the difference between the moderator's marks and teacher's marks to establish whether adjustment is needed and the margin of adjustment required:

Learner's Name					PAT 2	
					100	
					*T	*M
Learner A					84	69
Learner B					83	70
Learner C					68	53
Learner D					59	44
Learner E					49	40
Learner F					45	40
TOTAL					388	316
AVERAGE MARK = TOTAL ÷ 6 (number of learners)					66	53
DIFFERENCE = 66 (*T) – 53 (*M)					13	
ADJUSTMENT	DOWNWARDS	✓	UPWARDS		– 3	

***T = Teacher; *M = Moderator**

- A block adjustment can also be made based on the professional judgement of the moderator, if the practical examination of the school is not of the expected standard.
- The moderator will discuss the outcome and any adjustments with the teacher. The final moderated marks should then be entered on the computerised mark sheet.
- The marks of all learners will be affected if an adjustment is made.
- The marks of all the learners need to be finalised and signed by the subject advisor and principal **on the day of this examination**. The computerised mark sheet must be completed **on the day of moderation**.

SKILLS-CODE WEIGHTING OF TECHNIQUES USED IN FOOD PRODUCTION

- A weighting is allocated to a technique according to the degree of difficulty of the technique.
- The total weighting of the techniques in the recipe(s) chosen for each test for the practical examination in Grade 12 should add up to a minimum of 20 points.
- Points **for the same technique cannot be awarded twice** in the same test.

1	Techniques	Skills-code points
1.1	Baking a cake: Lining tin, preheating oven and setting correct temperature. Position of oven rack correct, baking for desired time, blind baking.	3
1.2	Baking without lining a tin: Baking in a pan of hot water (bain-marie), e.g. baked custard. Baking a soufflé.	2
1.3	Blanching	2
1.4	Boiling on stove-top (e.g. rice, pasta, vegetables)	2
1.5	Deep-frying (chips, doughnuts, vetkoek, draining on paper towel)	3
1.6	Grilling (hamburger patties, steak)	3
1.7	Roasting (vegetables, meat)	3
1.8	Cooking in microwave oven, e.g. custard sauce, white sauce, pasta (not for heating up milk, food, water)	3
1.9	Poaching	2
1.10	Pressure cooker used, e.g. meat and vegetable stew, bean soup	3
1.11	Sautéing (onions, green peppers, etc.)	2
1.12	Sealing and browning meat/mince/dry frying bacon	2
1.13	Shallow-frying (pancakes, crumpets, hamburger patties, fish cakes)	3
1.14	Simmering/Stewing meat/poultry dish with vegetables, dried fruit	4
1.15	Steaming: Double boiler or mixing bowl on pot, e.g. fish, egg custard sauce, melting chocolate (NOT RICE)	3
2	Gelatine	
2.1	Gelatine dish, e.g. moulded salad or dessert	3
2.2	Gelatine dish made with commercial jelly	2
2.3	Fold in other ingredients such as whipped cream or grated cucumber at correct stage	2
2.4	Unmoulding gelatine dish	2
3	Eggs	
3.1	Soft meringue (e.g. lemon meringue tart)	3
3.2	Hard meringue (meringues)	4
3.3	Custard base with eggs, e.g. quiche/milk tart	2
3.4	Beating and folding in egg whites, e.g. soufflé, milk tart, roulade	2
4	Yeast	
4.1	Preparing yeast batter or yeast dough	4
5	Mixing methods	
5.1	Batter, one-bowl method (pancakes, crumpets, fritters, cake, etc.)	3
5.2	Batter, creaming method	3
5.3	Batter, chiffon method (includes beating and folding in of egg whites)	4
5.4	Batter, muffin/emulsion method	3
5.5	Batter, melting method	3
5.6	Batter, whisking method	3
5.7	Choux pastry	5
5.8	Dough, rubbing-in method (short crust pastry, scones)	3
5.9	Pastry, rubbing-in, mixing, rolling out (making own flaky/short crust pastry)	5

6	Preparing ingredients	
6.1	Peeling, cutting, slicing, dicing vegetables, e.g. julienne carrots (using chef's knife)	2
6.2	Deboning chicken/chicken breast	2
7	Ready-made food	
7.1	Preparing a biscuit crust, e.g. using Marie biscuits/Tennis biscuits and melted butter	2
7.2	Using ready-made pastry/phyllo pastry	2
8	Sauces and salad dressings	
8.1	Cooked sauces, e.g. gravy, custard, jam, orange sauce, sauce thickened with flour	2
8.2	Mayonnaise (home-made)	4
8.3	Uncooked home-made salad dressing	2
8.4	Cooked salad dressing	4
8.5	White sauce/cheese sauce, roux method	3
9	Sugar cookery and home-made sweets	
9.1	Caramelisation of sugar, e.g. caramel sauce	4
9.2	Boiling sugar syrup to soft-ball stage, firm-ball stage, etc.	4
9.3	Manipulating sugar syrup, e.g. beating fudge, marshmallows. Cutting into shapes when cold.	4
10	Techniques	
10.1	Whipping and folding in cream	2
10.2	Butter icing/Fresh cream icing – preparing and decorating cupcakes and cakes	3
10.3	Garnishing, advanced, e.g. tomato-/potato-/radish flowers/tuiles/chocolate curls/chocolate leaves/chocolate cups/shaping and decorating with fondant icing/marzipan and other decorations, etc.	3
10.4	Piping/Using a piping bag	2
10.5	Royal icing (icing sugar and water/lemon juice/egg white – glazing): Preparation and use	2
10.6	Preparing a chocolate ganache (chocolate and cream)	2
10.7	Purée	2
10.8	Shaping of dough, e.g. scones, biscuits, doughnuts, bread rolls, koeksisters, croquettes,	3
10.9	Swiss roll/Roulade/Chelsea buns/Swedish tea ring – rolling	3
10.10	Lamingtons – making chocolate sauce and dipping, rolling in coconut	3
10.11	Using specialised equipment, e.g. food processor, blender, pasta machine (not electric beater or deep fryer)	2
11	Any other skills not mentioned (to be used only twice in the same test)	1

TEACHER PLANNING
GRADE 12 PRACTICAL EXAMINATION 2 TERM 3

(To be submitted to the subject advisor for moderation at the end of term 1.)

Name of school:
Name of teacher:
Date and time of examination sessions:

TESTS FOR PRACTICAL EXAMINATION 2: GRADE 12 (attach all recipes)

Test 1: Total:			
Recipe 1: Name:		Recipe 2: Name:	
Techniques	Weighting	Techniques	Weighting
Total recipe 1:		Total recipe 2:	

Test 2: Total:			
Recipe 1: Name:		Recipe 2: Name:	
Techniques	Weighting	Techniques	Weighting
Total recipe 1:		Total recipe 2:	

Test 3: Total:			
Recipe 1: Name:		Recipe 2: Name:	
Techniques	Weighting	Techniques	Weighting
Total recipe 1:		Total recipe 2:	

Test 4: Total:			
Recipe 1: Name:		Recipe 2: Name:	
Techniques	Weighting	Techniques	Weighting
Total recipe 1:		Total recipe 2:	

EXAMPLE OF TEACHER PLANNING FOR PURCHASES*(To be submitted to subject advisor for moderation at the end of term 1.)*

Total learners	Groups	Number of learners per group	Number of tests	Number of learners per test	Dates	Time
25	1	8	4	2	10/18	08:00–11:00
	2	8	4	2	10/18	11:30–14:30
	3	7	4	2	11/18	08:00–11:00

Test	Recipe 1: Quiche Lorraine			Recipe 2: Queen Fritters		
1	Ingredients	1	x 6	Ingredients	1	x 6
	Salticrax biscuits	$\frac{3}{4}$ pack	5 pk	Cake flour	125 ml	750 ml
	Margarine	50 ml/g	300 g	Margarine	62,5 ml (60 g)	360 g
	Bacon	100 g	600 g	Castor sugar	50 ml	300 ml
	Cheddar cheese, grated	250 ml	1 500 ml	Salt	pinch	Packet
	Eggs	4	24	Eggs	2	12
	Cream, long-life	125 ml	750 ml	Whipped cream	100 ml	500 ml
	Milk	175 ml	1 $\frac{1}{4}$ litres	Paper towels		1 roll
	Chicken stock cube	$\frac{1}{2}$	3	Oil for deep frying		5 litres
	Spray & Cook		1 tin			

TEACHER PLANNING FOR PURCHASES*(To be submitted to subject advisor for moderation at the end of term 1.)*

Total learners	Groups	Number of learners per group	Number of tests	Number of learners per test	Dates	Time

Test	Recipe 1:			Recipe 2:		
1	Ingredients	1	x	Ingredients	1	x

Test	Recipe 1:			Recipe 2:		
2	Ingredients	1	x	Ingredients	1	x

Test	Recipe 1:			Recipe 2:		
3	Ingredients	1	x 6	Ingredients	1	x 6

Test	Recipe 1:			Recipe 2:		
4	Ingredients	1	x 6	Ingredients	1	x 6

TEACHER'S SHOPPING LIST

[illegible]

Approximate cost of shopping list:

ESTIMATED COST PER TEST PER LEARNER: R.....

CHECKLIST FOR PLANNING TO BE SUBMITTED FOR MODERATION

SCHOOL:		
TEACHER:		
PRINCIPAL:		
DATE SUBMITTED:		
Dates of PAT sessions	Proposed moderation date	Approved moderation date

CRITERIA	YES/NO	COMMENTS BY MODERATOR
Four tests		
Each test consists of at least 2 products		
Each test includes a variety of techniques and has a skills-code weighting of 20 points		
All recipes attached, neatly typed		
Memorandum with the desirable qualities of each product in each test		
Sequence of work/Time schedule developed for each test		
Planning for purchases attached		
Estimated budget and cost per learner attached		
Recipes clearly illustrated		
Include ONE of the following per test : Yeast product (baked or deep fried), choux pastry, a gelatine dish (not commercial jelly), home-made short crust pastry for tarts, pies or quiche, Swiss roll, soft meringue, such as lemon meringue pie or queen of bread pudding, sugar cookery		

APPROVED/NOT APPROVED**RESUBMISSION DATE:****Signatures:****TEACHER:****DATE:****PRINCIPAL:****DATE:****MODERATOR:****DATE:**

MARK SHEET FOR PRACTICAL EXAMINATIONS

PAT EXAMINATION		1	2	NAMES OF LEARNERS							
NAME OF SCHOOL				1	2	3	4	5	6	7	8
EXAMINER											
DATE											
1	PRACTICAL SKILLS AND TECHNIQUES	<ul style="list-style-type: none"> Recipe interpretation Correct measuring of quantities, correct preparation methods, correct mixing methods, correct cooking methods ○ Recipe 1 ○ Recipe 2 	14								
			7								
			7								
	<ul style="list-style-type: none"> Use of utensils and equipment Correct saucepan for type of food, correct size of saucepan or pan for stove plate Using correct utensils to prepare and cook Safe use of utensils, equipment and stove Correct temperatures for stove plates and oven, height of oven racks, preheat oven, correct time for baking/cooking 	6									
		1									
		2									
		1									
	<ul style="list-style-type: none"> Sequence of work and efficient use of time Ability to follow given sequence of work or other realistic order. 	5									
2	HYGIENE AND NEATNESS	<ul style="list-style-type: none"> Neatness of work station and equipment Dishwashing (warm water, rinse) Dishcloths clean, available and not lying around Handling equipment/utensils after use/correct storage of leftover ingredients Waste disposed appropriately <i>Teacher observes each learner a few times during and after the exam and gives a mark accordingly.</i> 	5								
			1								
			1								
			2								
	<ul style="list-style-type: none"> Personal appearance Hair neat, chef's hat/covered, apron/chef's jacket, clean nails <i>Teacher observes each learner a few times during the exam, and gives a mark out of 5.</i> 	5									
	<ul style="list-style-type: none"> Neatness of workstation after practical Workstation, sink and stove cleaned. Utensils cleaned and packed away in correct storage and space. Waste bins cleaned. 	5									
3	SUITABILITY FOR SELLING PRODUCT 1	Appearance	10								
		Taste/Flavour	10								
		Texture	10								
4	SUITABILITY FOR SELLING PRODUCT 2	Appearance	10								
		Taste/Flavour	10								
		Texture	10								
		TOTAL	100								
Late penalties: subtract 2 marks for every 5 minutes late up to a maximum of 20 marks											
		TOTAL	100								

APPEARANCE, TEXTURE AND TASTE/FLAVOUR OF THE FINAL PRODUCT:

- 0–1 Unacceptable, does not meet the requirements, cannot sell
 2–3 Poor, meets some requirements, will not sell
 4–6 Average, meets most requirements, should sell
 7–8 Good, meets all requirements, should sell well
 9–10 Excellent, exceeds all requirements, will sell very well

EXAMPLES OF TESTS FOR PRACTICAL EXAMINATION 2**SKILL-CODE WEIGHTING OF TECHNIQUES USED IN THE TESTS FOR PAT 2**

Test 1: Total 21					
Raisin Bread			Chicken Mornay with Yellow Rice		
Techniques		Weighting	Techniques		Weighting
4.1	Yeast dough	4	1.13	Shallow frying	3
10.8	Shaping dough	3	8.5	White sauce, roux method	3
1.2	Baking	2	1.6	Browning under the grill	3
11	Measuring	1	1.4	Boiling rice	2
Total recipe 1		10	Total recipe 2		11

Test 2: Total: 24					
Mince Roll with Scone Dough			Chocolate Mousse		
Techniques		Weighting	Techniques		Weighting
1.11	Sauté	2	2.1	Gelatine dish	3
1.14	Simmer	4	1.15	Melting chocolate (steaming)	3
5.8	Dough, rubbing-in method	3	2.3	Fold in whipped cream/egg white	2
10.8	Shaping mince roll	3	2.4	Unmould	2
1.2	Bake	2			
Total recipe 1		14	Total recipe 2		10

Test 3: Total 21					
Carrot Cake/bread/muffins			Savoury Leek tart		
Techniques		Weighting	Techniques		Weighting
6.1	Preparing ingredients	2	5.8	Short crust pastry	3
5.1	Batter, emulsion method	3	1.11	Sauté	2
1.1	Lining tin, baking	3	1.13	Shallow frying	3
5.2	Icing (creaming method)	3	1.2	Bake	2
Total recipe 1		11	Total recipe 2		10

Test 4: Total 20					
Cheese Aigrettes			Mince and Spinach bake with Rice		
Techniques		Weighting	Techniques		Weighting
1.5	Choux paste	5	1.11	Sauté	2
5.7	Deep frying	3	1.13	Shallow frying	2
			8.5	White sauce (roux method)	3
			1.2	Baking	2
			1.4	Boiling rice	2
Total recipe 1		8	Total recipe 2		12

RAISIN BREAD

500 ml cake flour
 3 ml salt
 1 x 10 g instant yeast
 5 ml sugar
 1 egg
 75 ml milk
 75 ml water
 12,5 ml margarine
 100 ml seedless raisins
 1 egg yolk, beaten (to brush over bread before baking)

Method:

1. Grease a bread tin/spray bread tin with Spray and Cook. Preheat the oven to 180 °C.
2. Sift the flour, salt, sugar and yeast together.
3. Rub the margarine into the flour mixture.
4. Mix the milk and water and heat until lukewarm. Beat the egg and add to the lukewarm milk.
5. Add the liquid to the flour mixture and mix to form a soft manageable dough.
6. Knead for 10 minutes until smooth and elastic.
7. Cover the dough with a plastic bag and allow to rise double the size ±15 minutes.
8. Punch down (knock back) and add the raisins. Knead well until the raisins are distributed evenly.
9. Shape into a bread/loaf and place in the greased bread tin.
10. Cover again with a plastic bag and leave to rise in a warm place until double in size ±20 minutes.
11. After the bread has risen, brush the bread lightly with the beaten egg yolk and bake for 20 minutes.
12. Allow to cool and serve.

	APPEARANCE	TEXTURE	TASTE/FLAVOUR
Raisin bread	Well risen and light in mass in relation to size Golden brown on top Neatly rounded surface Some raisins are visible Cells are small, regular (10)	Elastic crumb Moist but not doughy (10)	Pleasant nutty taste No strong yeast flavour Delicate Slightly sweet (10)

CHICKEN MORNAY (1–2 portions)

2 pieces of chicken
Salt and pepper to taste
50 ml margarine
25 ml cake flour
200 ml milk
2 ml mustard
50 ml cheese grated
20 ml bread crumbs

1. Preheat the oven to 180 ° C.
2. Season the chicken pieces with salt and pepper.
3. Fry seasoned chicken pieces in half (25 ml) of the 50 ml margarine for 15 minutes over medium heat.
4. Remove and place in a casserole/oven-proof dish.
5. Make a white sauce with the rest of the margarine (25 ml), cake flour and milk. Add mustard and heat until the sauce thickens.
6. Pour the white sauce over the chicken and bake for 15 minutes.
7. Sprinkle the cheese and breadcrumbs on top and brown under the grill.
8. Serve warm with rice.

NOTE FOR TEACHER: Measure the cheese, place in plastic bags and issue to the learners.

YELLOW RICE (1–2 portions)

250 ml water
1 ml salt
100 ml rice
5 ml cinnamon/1 cinnamon stick
3 ml turmeric
5 ml margarine
30 ml seedless raisins

1. Boil water and salt in a saucepan.
2. Wash rice, add it together with the margarine, cinnamon and turmeric to the boiling water.
3. Boil for ± 25 minutes or until cooked. Strain water, add raisins and a little boiling water.
4. Reduce the temperature and steam for 5 minutes.
5. Serve hot.

	APPEARANCE	TEXTURE	TASTE/FLAVOUR
Chicken Mornay with Yellow Rice	Light brown and yellow (melted cheese) colour Smooth white sauce/no lumps Yellow Rice: Yellow with visible raisins (10)	Slightly crunchy on top Chicken soft, tender Not dry Rice soft (10)	Savoury chicken and cheese taste Not too much salt or pepper Yellow Rice: Slight cinnamon taste (10)

CHOCOLATE MOUSSE (2 portions)

5 ml gelatin
 25 ml cold water
 100 g cooking chocolate
 45 ml milk
 1 egg white
 125 ml cream, chilled

Method:

1. Grease 1 large/2 small jelly mould(s) lightly with sunflower oil or spray with Spray and Cook or rinse the mould with cold water.
2. Soak gelatin in the cold water in a metal mixing bowl.
3. Break the chocolate into pieces into another metal mixing bowl. Add milk. Place the metal mixing bowl on a saucepan with boiling water and melt the chocolate, while stirring continuously, to mix in with the milk. Remove from the heat as soon as the chocolate has melted, to avoid overheating.
4. Now melt the gelatin over the boiling water and add to the chocolate.
5. Beat the egg white with a rotary egg-beater/electric beater until stiff peaks form.
6. Beat the cream until stiff peaks form.
7. Fold the egg white into the chocolate mixture with a metal spoon.
8. Fold the cream into the chocolate mixture with a metal spoon.
9. Spoon the mixture into the prepared jelly mould(s). Place in the refrigerator to set.
10. Unmould on a large/2 small plate(s)

	APPEARANCE	TEXTURE	TASTE/FLAVOUR
Chocolate Mousse	Brown colour Firmly set No white specks (10)	Smooth, creamy texture No gelatine granules/ strings (10)	Creamy, chocolate taste Sweet (10)

MINCE ROLL WITH SCONE DOUGH (2 portions)**FILLING**

200 g beef mince
10 ml sunflower oil
1 small onion
1ml chopped garlic
15 ml fresh parsley
50 ml chutney
2 ml mustard
3 ml Worcestershire sauce
50 ml grated cheese
1 ml white pepper
50 g mushrooms
3 ml salt

Method:

1. Heat the oil in a saucepan.
2. Chop the onion and parsley and slice the mushrooms.
3. Sauté the chopped onion, garlic and sliced mushrooms until soft. Add the mince and brown. Stir continuously during frying to loosen the minced meat.
4. Mix the chutney, mustard, salt, pepper and Worcestershire sauce with the meat mixture.
5. Simmer for \pm 5 minutes until the mixture is thick but not dry.
6. Remove from heat and add the cheese and chopped parsley.
7. Allow the meat mixture to cool.

SCONE DOUGH

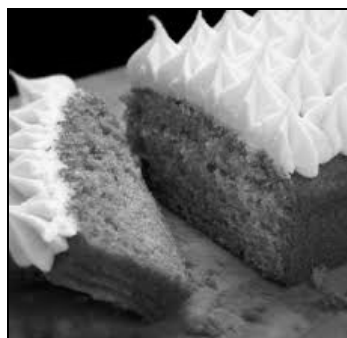
250 ml cake flour
 2 ml salt
 2 ml sugar
 15 ml margarine
 60 ml grated cheese
 1 egg
 5 ml baking powder
 60 ml milk

Method:

1. Preheat the oven on 180 ° C.
2. Grease a baking tray/sheet of 30 x 20 cm in size.
3. Sieve the dry ingredients.
4. Rub the margarine into the dry ingredients. Add the grated cheese and mix well.
5. Beat the egg and add half of the egg to the milk.
6. Add the liquid mixture to the flour mixture and mix to form a soft dough.
7. Roll the dough on a lightly floured surface into a rectangle of 25 x 45 cm.
8. Spread the filling evenly over the dough. Roll the dough up, starting with the wide side.
9. Place the roll on the greased baking tray/sheet. Put the open side on the baking tray/sheet. Neaten the edges of the roll.
10. Cut the roll into 1,5 cm slices, but do not cut right through. Brush the surface of the roll with the other half of the egg.
12. Bake until golden brown for ± 20 minutes.
13. Serve hot on a plate/wooden board.

NOTE FOR TEACHER: Measure the cheese, place in plastic bags and issue to the learners.

	APPEARANCE	TEXTURE	TASTE
Mince Roll	Crust: Light/straw brown Filling: Attractive golden brown colour Neatly rolled in a spiral (10)	Crust: Crunchy but not dry Not soggy Filling: Soft and moist Not rubbery (10)	Crust: Pleasant, cheesy taste. Filling: Pleasant slightly savoury meaty taste. (10)

CARROT CAKE/BREAD/MUFFINS (1 cake/bread/12 muffins)

125 ml sunflower oil
25 ml cold water
190 ml castor sugar
2 large eggs
2 ml bicarbonate of soda
250 ml cake flour
2 ml salt
5 ml baking powder
5 ml cinnamon
2 ml mixed spice
250 ml carrots
30 ml pecan nuts (optional)

Method:

1. Preheat the oven to 180 ° C.
2. Grease a 200 mm sandwich cake tin/250 mm bread tin/muffin pan holes.
3. Line the base of the sandwich cake tin/bread tin/muffin pan with baking paper/wax paper and spray with lightly with Spray and Cook.
4. Finely grate the carrots and chop the pecan nuts.
5. Sift the dry ingredients in a mixing bowl.
6. In a separate mixing bowl, beat the oil, water and castor sugar with a whisk till light and foamy. Add the eggs one by one and beat well after every addition.
7. Add the bicarbonate of soda to the egg mixture and mix well.
8. Add the grated carrots and chopped pecan nuts to the egg mixture. Mix well.
9. Add the dry ingredients to the egg mixture and beat until smooth with a wooden spoon.
10. Pour the batter into the prepared tin/muffin pan and bake for 30 minutes until golden brown. (Remember the baking time for muffins is shorter)
11. Leave to cool. Peel off baking/wax paper. Decorate with cream cheese icing and serve on a plate.

CREAM CHEESE ICING

250 ml icing sugar
25 ml margarine
25 ml cream cheese (plain)
5 ml lemon juice
30 pecan nuts

Method:

1. Sift the icing sugar.
2. Beat cream cheese and margarine together and add icing sugar and lemon juice. Beat till smooth and soft.
3. Chop the nuts.
4. Decorate the carrot cake/muffins with the cream cheese icing and sprinkle chopped nuts over.
5. Serve on a plate.

	APPEARANCE	TEXTURE	TASTE/ FLAVOUR
Carrot cake/bread/muffins	Golden brown colour White icing Well risen Specks of grated carrots and nuts visible on inside (10)	Soft and moist No large air holes/tunnels on the inside. (10)	Pleasant blend of cinnamon and mixed spice/nutty taste (10)

SAVOURY LEEK TART**CRUST**

300 ml cake flour
150 ml corn starch (Maizena)
1 ml salt
110 ml soft margarine
1 egg yolk
75–80 ml water

Method:

1. Sieve flour, corn starch and salt.
2. Rub margarine into flour until it resembles crumbs.
3. Beat egg yolk and water and cut into flour mixture with a knife.
4. Lightly press dough together. Add more water if dough is too stiff.
5. Cover and allow to rest in fridge for 30 minutes.
6. Preheat oven to 200 °C.
7. Roll dough out on wax paper (wipe work surface with a moist cloth and paper will stick to surface)
8. Place dough in pie plate (27 cm diameter), pull wax paper off and cut edge neatly.
9. Cover pastry with wax paper and dried beans/peas.
10. Bake 10 minutes at 200 °C until partially cooked.
11. Allow to cool and remove paper and beans/peas.
12. Spoon filling into pastry case and bake.

FILLING

750 g leeks
75 ml oil
125 g bacon/macon
125 ml sour cream
25 ml corn starch/Maizena
2 eggs
1 egg white
2 ml cumin or caraway seeds
Salt and pepper to taste
125 ml grated cheddar cheese

Method:

1. Rinse leeks and slice into rings.
2. Sauté in oil until soft (not browned)
3. Chop bacon/macon and add to leeks and fry for one minute. Allow to cool.
4. Spoon mixture into partially baked crust.
5. Beat cream, corn starch, eggs, egg white, cumin/caraway, salt and pepper and pour over mixture.
6. Sprinkle cheese over and bake for 20–25 minutes at 200 °C. Serve warm.

	APPEARANCE	TEXTURE	TASTE/FLAVOUR
Savoury Leek Tart	Golden brown crust Filling: Set Green, white and brown colour (10)	Vegetables soft, firm Custard nicely set Short crust crisp/not hard (10)	Pleasant savoury taste (10)

CHEESE AIGRETTES (DEEP FRIED CHOUX PASTRY PUFFS) (20 Aigrettes)

125 ml boiling water
 65 ml margarine
 125 ml cake flour
 1 ml salt
 2 eggs
 250 ml grated cheddar cheese
 Oil for deep frying
 Paper towel
 Cayenne pepper

Method:

1. Heat oil in a deep fryer.
2. Heat water and margarine in a round saucepan until the water just starts to boil. (The margarine must be melted before the water boils)
3. Add cake flour and salt as soon as the water starts to boil. Stir vigorously until paste forms a ball in the middle of the saucepan.
4. Remove from the heat and allow mixture to cool for 5 minutes.
5. Add eggs one by one and beat well after each addition – the dough should be stiff.
6. Spoon teaspoonfuls into the hot oil. The egrets/fritters turn over when they are brown.
7. Drain on paper towel and sprinkle cayenne pepper over the egrets.

	APPEARANCE	TEXTURE	TASTE/FLAVOUR
Cheese Aigrettes	Uneven round shape Good volume Not shrunken/ collapsed Light golden brown colour Light in weight (10)	Fine, crisp crust. Light in weight Good sized cavity, the inside slightly moist not doughy (10)	Pleasant flavour Slight cayenne pepper taste Not greasy/oily (10)

NOTE FOR TEACHER: Measure the cheese, place in plastic bags and issue to the learners.

MINCE AND SPINACH BAKE WITH RICE (2 portions)**SPINACH**

5 spinach leaves
1 mℓ salt
50 mℓ boiling water

Method:

1. Rinse spinach leaves under running cold water. Slice spinach leaves thinly.
2. Boil the water and salt in a small saucepan. Add spinach and heat until wilted.
3. Drain excess water and place aside for later use

MINCE

1 small onion
5 mℓ parsley
5 mℓ crushed garlic clove or 2 mℓ garlic flakes
15 mℓ oil
250 g minced meat
100 mℓ canned tomatoes
25 mℓ tomato sauce
1 bay leaf
3 mℓ oregano/basil
Salt and pepper to taste

Method:

1. Preheat the oven to 180 °C.
2. Chop the onion and parsley.
3. Heat the oil in a saucepan. Lightly sauté the onion, parsley and garlic.
4. Add the minced meat and fry until cooked.
5. Add the canned tomatoes, tomato sauce, bay leaf and oregano/basil. Season with salt and pepper. Mix well and simmer for a few minutes.

CHEESE SAUCE

40 mℓ margarine
 40 mℓ cake flour
 350 mℓ milk
 Salt and pepper to taste
 50 g/(100 mℓ) grated cheddar cheese

Method:

1. Melt the margarine in a saucepan. Add the flour and stir to coat the flour with margarine.
2. Remove the saucepan from the heat, add the milk gradually and stir with a wooden spoon to blend well.
3. Return the saucepan to the heat and continue stirring over a moderate heat until the sauce is thick and reaches boiling point.
4. Remove the saucepan from the heat. Season with salt and pepper.
5. Add half of the grated cheese to the white sauce and stir until all the cheese has melted. Reserve the other half of the cheese to sprinkle on top of the mince and spinach bake.
6. Spoon the mince into an ovenproof dish. Spread the cooked spinach over the mince and pour the cheese sauce over the spinach.
7. Sprinkle the remaining cheese over the cheese sauce.
8. Bake for 20 minutes or until the cheese starts to turn brown. Serve with cooked rice.

COOKED RICE

250 mℓ water
 1ml salt
 100 mℓ rice

Method:

1. Boil water and salt in a saucepan.
2. Wash rice, add it to the boiling water.
3. Boil for ± 25 minutes or until cooked. Strain and add a little boiling water.
4. Reduce the heat and steam for 5 minutes.
5. Serve hot.

NOTE FOR TEACHER: Measure the cheese, place in plastic bags and issue to the learners.

	APPEARANCE	TEXTURE	TASTE/ FLAVOUR
Mince and Spinach Bake with Rice	Golden brown colour Yellow, green and white blended colour Layers visible Rice: White granules (10)	Cheese sauce has no lumps Creamy texture Rice: Soft and moist. (10)	Pleasant taste Not too salty Rice: Nutty taste (10)

TIME ALLOCATION		ORDER OF WORK
		TEST 1: Raisin Bread and Chicken Mornay with Yellow Rice
Time	Minutes	
0:00–0:20	20 min	Pre-heat the oven. Prepare the raisin bread dough.
0:20–0:30	10 min	Cover the dough and leave to rest. Clean up.
0:30–0:40	10 min	Knock the dough down and shape the bread
0:40–1:00	20 min	Leave the raisin bread to rise Prepare the chicken. Start frying the chicken.
1:00–1:15	15 min	Bake the raisin bread. Boil the rice. Measure ingredients for the white sauce.
1:15–1:50	35 min	Remove raisin bread from oven. Leave to cool. Prepare the white sauce. Pour over the fried chicken and bake. Strain the rice and keep warm. Clean up.
1:50–2:00	10 min	Remove chicken from the oven. Serve both products.
TOTAL TIME: 2 hours	TOTAL MINUTES: 120 min	

TIME ALLOCATION		ORDER OF WORK
		TEST 2: Chocolate Mousse and Mince Roll with Scone Dough
Time	Minutes	
0:00–0:30	30 min	Prepare the jelly mould. Hydrate gelatine and prepare the chocolate mousse and place in the fridge to set.
0:30–0:35	5 min	Clean up.
0:35–1:05	30 min	Preheat the oven to 180 ° C. Prepare the mince and allow to cool.
1:05–1:10	5 min	Clean up.
1:10–1:40	30 min	Prepare the scone dough. Roll out the dough, spread mince over and roll up. Bake.
1:40–:50	10 min	Clean up.
1:50–1:55	5 min	Unmould chocolate mousse. Remove the mince roll from the oven.
1:55–2:00	5 min	Serve both products.
TOTAL TIME: 2 hours	TOTAL MINUTES: 120 min	

TIME ALLOCATION		ORDER OF WORK
		TEST 3: Carrot Cake/Bread/Muffins and Leek Tart
Time	Minutes	
0:00–0:35	35 min	Pre-heat the oven. Prepare the cake/bread/muffin tin. Prepare the carrot cake/bread/muffins. Bake the carrot cake/bread/muffins.
0:35– 0:40	5 min	Clean up.
0:40 –1:10	30 min	Prepare the short crust pastry, place in fridge. Clean up.
1:10–1:40	30 min	Remove the carrot cake from the oven and allow to cool. Roll dough, place in pie plate and blind bake for 10 minutes. prepare filling for leek tart and bake.
1:40–1:45	10 min	Prepare the cream cheese icing and ice the cake/bread /muffins.
1:45–1:55	5 min	Remove tart from oven and allow to cool.
1:55–2:00	5 min	Serve both products.
TOTAL TIME: 2 hours	TOTAL TIME: 120 min	

TIME ALLOCATION		ORDER OF WORK
		TEST 4: Cheese Aigrettes and Mince and Spinach Bake with Rice
Time	Minutes	
0:00–0:05	5 min	Preheat oven to 180 °C.
0:05–0:10	5 min	Boil rice.
0:10–0:50	40 min	Wilt spinach. Prepare mince and keep rice warm.
0:50–1:10	20 min	Prepare the cheese sauce and complete the dish. Bake.
1:10–1:15	5 min	Clean up.
1:15–1:45	30 min	Prepare the cheese aigrettes.
1:45–1:50	5 min	Clean up.
1:50–1:55	5 min	Remove the mince and spinach bake from the oven. Sprinkle cayenne pepper over the cheese aigrettes.
1:55–2:00	5 min	Serve both products.
TOTAL TIME: 2 hours	TOTAL MINUTES: 120 minutes	