



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

CONSUMER STUDIES (FOOD PRODUCTION)

GUIDELINES FOR PRACTICAL ASSESSMENT TASKS

2017

This guideline consists of 26 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 R30 to a maximum of R75 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 TIMEFRAME

A timeframe 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 work stations 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 work stations of the learners and complete the mark sheets.

5. SETTING THE 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 work stations so that the teacher/moderator may inspect the work stations 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 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	10/17	08:00–11:00
	2	8	4	2	10/17	11:30–14:30
	3	7	4	2	11/17	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

TEACHER'S SHOPPING LIST

[illegible]

Approximate cost of shopping list:

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

**CONSUMER STUDIES FOOD PRODUCTION
PRACTICAL ASSESSMENT TASK
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		

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	14									
	<ul style="list-style-type: none"> Recipe interpretation Correct measuring of quantities, correct preparation methods, correct mixing methods, correct cooking methods 	7									
	<ul style="list-style-type: none"> ○ Recipe 1 ○ Recipe 2 	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									
		2									
	<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	5									
	<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> 	1									
		1									
		2									
		1									
	<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 work station after practical Work station, sink and stove cleaned. Utensils cleaned and packed away in correct storage and space. Waste bins cleaned. 	5									
3	SUITABILITY FOR SELLING PRODUCT 1	10									
	Appearance	10									
	Taste/Flavour	10									
	Texture	10									
4	SUITABILITY FOR SELLING PRODUCT 2	10									
	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 20					
Recipe 1 Name: Chelsea Buns			Recipe 2 Name: Pancakes with Savoury Filling		
Techniques		Weighting	Techniques		Weighting
4.1	Yeast dough	4	5.1	Batter	3
10.8	Shaping dough	3	1.11	Sauté	3
1.2	Baking	2	8.5	White sauce, roux method	2
11	Glazing	1	1.13	Shallow frying	2
Total recipe 1		10	Total recipe 2		10

Test 2: Total 20					
Recipe 1 Name: Cream Puffs with Custard Filling			Recipe 2 Name: Hungarian Meatballs		
Techniques		Weighting	Techniques		Weighting
5.7	Choux paste	5	6.1	Preparing ingredients	2
1.2	Baking	2	10.8	Form meatballs	3
3.3	Custard base with egg	3	1.12	Sealing and browning meatballs	2
			1.14	Simmering	3
Total recipe 1		10	Total recipe 2		10

Test 3: Total 20					
Recipe 1 Name: Coffee and Caramel Tart			Recipe 2 Name: Beef Olives		
Techniques		Weighting	Techniques		Weighting
7.1	Preparing a biscuit crust	2	10.9	Rolling meat	3
2.1	Using gelatine	3	1.12	Sealing and browning meat	2
9.1	Caramelisation of syrup	4	1.14	Simmering	4
2.3	Folding in beaten egg white	2			
Total recipe 1		11	Total recipe 2		9

Test 4: Total 20					
Recipe 1 Name: Swiss Roll			Recipe 2 Name: Stewed chicken drumsticks with Pasta		
Techniques		Weighting	Techniques		Weighting
1.1	Lining tin, baking	3	6.1	Preparing ingredients	2
5.6	Batter, whisking method	3	1.12	Sealing and browning meat	2
10.9	Rolling Swiss Roll	3	1.14	Simmering	4
11	Measuring	1	1.4	Boiling pasta	2
Total recipe 1		10	Total recipe 2		10

Chelsea Buns

(Makes 8 Chelsea Buns)

625 ml (300 g) cake flour
 2 ml salt
 50 ml castor sugar
 10 g instant dry yeast
 60 ml (60 g) margarine
 50 ml lukewarm milk
 1 large egg
 ± 80 ml lukewarm water

Filling:

60 ml (60 g) margarine
 50 ml castor sugar
 5 ml cinnamon
 125 ml (75 g) dried fruit mix/raisins
 Beaten egg/sugar water, to brush

Icing:

125 ml (65 g) icing sugar
 Boiling water



1. Pre-heat the oven to 180 °C.
2. Mix the cake flour, salt and sugar together. Add the instant yeast and mix.
3. Melt the margarine in the lukewarm milk.
4. Beat the egg. Add the milk mixture to the flour mixture, together with the egg and enough lukewarm water to form a soft dough.
5. Knead the dough well until smooth and elastic.
6. Place the dough on a lightly floured surface, cover with greased plastic wrap or a mixing bowl and leave to rest for 10–15 minutes.
7. Knock the dough down. Use a rolling pin to roll the dough into a 30 cm square. Spread the margarine over the dough and sprinkle with castor sugar, cinnamon and dried fruit.
8. Roll the dough from one side to the other to form a roll. Cut the roll with a sharp knife into 8 equal slices.
9. Place the slices, cut side down, in a greased 23 cm round cake tin. Place 1 slice in the centre and arrange the remaining 7 slices around it.
10. Cover with greased plastic and allow to rise in a warm place until double in volume for about 20 minutes.
11. Brush with beaten egg/sugar water. Bake for 25–30 minutes or until ready. It is ready when it is golden brown and you hear a hollow sound when you knock on the top.
12. Prepare the icing: Sift the icing sugar into a bowl and mix with enough boiling water to form a smooth, dripping consistency.
13. Drizzle the icing over the buns once they have cooled down.

NOTE: Ensure that beaten egg or sugar water is available for learners to glaze the Chelsea Buns.

	APPEARANCE	TEXTURE	TASTE/ FLAVOUR
Chelsea Buns	<ul style="list-style-type: none"> • Well risen and light in mass in relation to size • Golden brown on top • Neatly rolled, round • Some raisins are visible <p>(10)</p>	<ul style="list-style-type: none"> • Light in mass • Cells small, regular • Elastic crumb, moist but not doughy <p>(10)</p>	<ul style="list-style-type: none"> • Pleasant nutty taste • No strong yeast flavour • Delicate • Sweet on top • Cinnamon flavour <p>(10)</p>

CHICKEN MORNAY

(Makes 1 – 2 portions)

2 chicken pieces
salt and pepper to taste
50 ml margarine/butter
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 (25ml) 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 (the other half/25 ml margarine), cake flour and milk. Add mustard and cook until it 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 bag and issue to the learners.

YELLOW RICE

(Makes 1 – 2 portions)

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

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, add raisins and add a little boiling water. Reduce the temperature and steam for 5 minutes.
4. Serve hot.

	APPEARANCE	TEXTURE	TASTE/FLAVOUR
Chicken Mornay with Rice	Light brown colour with cheese melted. Creamy, smooth white sauce. Yellow Rice: Yellow and swollen with raisins visible. (10)	Chicken Mornay is slightly crunchy on top. Chicken soft, tender and creamy. Not dry. Rice soft (10)	Creamy chicken and cheese taste. Not too salty or too much pepper. Yellow Rice: Slight cinnamon taste. (10)

Quiche Lorraine

(Makes 1 medium sized quiche/± 6 small quiches)

250 ml cake flour
A pinch of salt
60 ml margarine
±40 ml cold water



1. Preheat the oven to 180 °C. Grease a tart plate/cake tin/muffin pan.
2. Sift cake flour and salt together.
3. Rub margarine into the flour mixture with the fingertips until it resembles fine breadcrumbs.
4. Add cold water to form a dough. Place the dough in the refrigerator for 20–30 minutes.
5. Roll out the dough and cover the tart plate/cake tin/six holes of a muffin pan with the dough.
6. Bake blind until the crust starts to brown.
7. Remove from the oven, pour the raw filling into the baked crust.
8. Sprinkle the rest of the cheese over the raw filling and bake for another 30 minutes or until the filling is light brown.
9. Allow to cool slightly.
10. Serve warm or cold.

Filling:

2 eggs beaten
100 ml milk
1ml salt
a pinch of white pepper
12,5 ml fresh parsley chopped
1 ml mustard
200 ml grated cheese
50 ml bacon/ macon/ham/polony /Vienna diced
25 ml onion chopped
15ml oil

1. Fry onion and bacon/macon (No need to fry ham/polony/Vienna)
2. Add salt, pepper, parsley and mustard. Mix and remove from heat.
3. Mix milk, eggs and half of the cheese in a mixing bowl.
4. Add the bacon/macon/ham/polony/Vienna mixture to the milk mixture.
5. Pour the raw filling into the baked crust as mentioned in step 6 of the crust method and follow step 7-8 of the crust method.

NOTE FOR THE TEACHER: Weigh the cheese, wrap in plastic bag and issue to the learners.

	APPEARANCE	TEXTURE	TASTE/FLAVOUR
Quiche Lorraine	Crust: <ul style="list-style-type: none"> • Light/straw brown. Filling: <ul style="list-style-type: none"> • Pale yellow to light brown. • Pieces of parsley, bacon/macon/ham/polony visible. (10) 	Crust: <ul style="list-style-type: none"> • Crunchy but not dry. Not soggy. Filling: <ul style="list-style-type: none"> • Soft and moist. Not rubbery. (10) 	Crust: <ul style="list-style-type: none"> • Pleasant pastry taste. Filling: <ul style="list-style-type: none"> • Pleasant meaty/savoury taste. (10)

Hungarian Meatballs

50 g streaky bacon
 1 onion
 12,5 ml flour
 250 g minced pork
 50 g minced beef
 37,5 ml parsley
 1 egg
 37,5 ml fresh/soft bread crumbs
 23 ml salt
 1 ml black pepper
 10 ml paprika
 25 ml oil
 150 ml beef stock
 25 ml cream



1. Dice the bacon. Put half in a frying pan and heat until the fat runs.
2. Chop the onion and parsley. Add two-thirds of the onion to the fat and fry until golden brown.
3. Sprinkle with half of the flour and stir well.
4. Spoon into a bowl and add the minced meats, chopped parsley, egg, bread crumbs, salt, pepper and 5 ml paprika.
5. Form into small balls.
6. Heat the oil and brown the meatballs.
7. Reduce the heat and cook for 10 minutes.
8. Heat the remaining bacon in another frying pan until the fat runs. Add the rest of the onion and fry until soft.
9. Sprinkle with the remaining flour and paprika and stir well.
10. Stir in the stock and bring to the boil.
11. Simmer until thickened, stir in the cream and meatballs.
12. Gently cook for 10 minutes.
13. Serve warm.

NOTE FOR TEACHER: Bacon can be substituted with Macon. Minced pork can be substituted with chicken mince.

	APPEARANCE	TEXTURE	TASTE/FLAVOUR
Hungarian Meatballs	<ul style="list-style-type: none"> • Ingredients evenly mixed • Meatballs uniform size • Evenly browned • Sauce not watery/thick enough to coat meatballs • Onion and bacon evenly dispersed 	<ul style="list-style-type: none"> • Well-cooked meatballs, meat is soft and tender. • Meatballs keep their shape. • Sauce thickened and smooth, no lumps 	<ul style="list-style-type: none"> • Distinctive paprika flavour • Savoury taste • Not bland
	(10)	(10)	(10)

Coffee and Caramel Tart

100 g Marie biscuits
 25 ml sugar
 2 ml ground cinnamon
 85 g margarine
 15 ml gelatin
 50 ml cold water
 15 g margarine
 125 ml golden syrup
 1 x 397 g condensed milk
 250 ml strong, black coffee
 5 ml vanilla essence
 3 egg whites



1. Melt the 85 g margarine.
2. Crush biscuits until it resembles bread crumbs and add the sugar, cinnamon and melted margarine.
3. Press crumbs into a pie plate and place in fridge.
4. Hydrate gelatin in the cold water.
5. Melt the 15 g margarine in a thick-bottomed saucepan.
6. Add the syrup and condensed milk and bring to the boil while stirring constantly.
7. Allow to boil for 10 minutes over moderate heat. Stir constantly.
8. Remove from heat and add the hydrated gelatin and coffee. Stir well.
9. Allow to cool.
10. Beat egg whites to stiff peak stage. Add egg white and vanilla essence to coffee mixture and fold in gently.
11. Pour into biscuit crust and place in fridge to set.

	APPEARANCE	TEXTURE	TASTE/FLAVOUR
Coffee and Caramel Tart	<ul style="list-style-type: none"> • Brown colour • Firmly set 	<ul style="list-style-type: none"> • Smooth, creamy texture • No gelatine granules/strings 	<ul style="list-style-type: none"> • Coffee/caramel taste • No burnt caramel taste
	(10)	(10)	(10)

Beef Olives (2 portions)

2 pieces steak, ± 20 cm long, 10 cm wide, 5 7 mm thick

Prepared mustard to taste

5 mℓ dried mint

Salt and pepper to taste

2 bacon rashers

2 gherkins, ± 10 cm long

2 pieces cheddar cheese, 10 cm long, 2 cm wide

12,5 mℓ margarine

100 mℓ vinegar mixture (gherkins)

5 mℓ Bisto powder



1. Spread each piece of beef with mustard, sprinkle with mint, salt and pepper.
2. Place the bacon rashers on the beef.
3. Place a gherkin and piece of cheese on the short side of the beef strip and roll up tightly. Secure roll with a toothpick.
4. Heat a thick-bottomed saucepan, melt the margarine and fry the beef olives until nicely browned.
5. Add the vinegar mixture, place lid on saucepan. Reduce the heat and simmer for 30 minutes.
6. Remove the beef olives from the saucepan and keep warm.
7. Strain the sauce in a conical strainer. Pour sauce back into saucepan.
8. Mix the Bisto powder with a little cold water to form a paste and add to the sauce. Bring to the boil while stirring constantly. Spoon sauce over beef olives and serve warm.

	APPEARANCE	TEXTURE	TASTE/ FLAVOUR
Beef Olives	<ul style="list-style-type: none"> • Meat – attractive colour • Beef olives same size • Sauce thickened, not watery 	<ul style="list-style-type: none"> • Meat soft and tender • No lumps in sauce • Gherkins crunchy 	<ul style="list-style-type: none"> • Meat – pleasant spicy taste • Not too salty
	(10)	(10)	(10)

Swiss Roll

175 ml flour
 85 ml sugar
 3 extra-large eggs
 3 ml baking powder
 Pinch of salt
 125 ml smooth apricot jam
 Wax paper
 Sugar, to roll Swiss Roll in, optional



1. Preheat oven to 200 °C.
2. Line a Swiss Roll pan (20 cm x 30 cm) with wax paper. Spray with Spray & Cook.
3. Beat the eggs and add sugar gradually while beating well. The mixture should be pale yellow and double the volume.
4. Sift the flour, baking powder and salt together in a mixing bowl. Gradually fold the flour into the egg mixture.
5. Pour the batter into the prepared Swiss Roll tin and bake for 8–10 minutes until golden brown.
6. Meanwhile heat the apricot jam in the microwave oven so that it will spread easily.
7. Turn out onto a clean, damp dish cloth sprinkled with sugar.
8. Remove wax paper, cut off edges of Swiss Roll and spread with apricot jam. (Work quickly while Swiss Roll is still warm to prevent it from breaking when it is rolled.)
9. Roll Swiss Roll up. Allow to cool while still covered with the dish cloth.
10. Remove from dish cloth, serve.

	APPEARANCE	TEXTURE	TASTE/ FLAVOUR
Swiss Roll	<ul style="list-style-type: none"> • Light brown colour • Cake layer ± 10 mm thick • Crust neatly cut • Tightly rolled, no open spaces • Neat, round shape, not broken 	<ul style="list-style-type: none"> • Fine crumb, small cells • Delicate crumb • Not sticky 	<ul style="list-style-type: none"> • Delicate, pleasant taste • No egg taste
	(10)	(10)	(10)

Stewed Chicken Drumsticks with Pasta

2 chicken drumsticks
 7 ml paprika
 25 g margarine
 125 ml chicken stock
 3 ml salt
 0,5 ml pepper
 125 ml cream
 50 ml parsley
 ½ green pepper
 100 g macaroni



1. Wipe chicken drumsticks with a clean, damp cloth.
2. Heat a saucepan, add margarine and paprika and fry for 1 minute. Add chicken and fry until evenly browned.
3. Add chicken stock, salt and pepper. Put lid on saucepan and simmer until chicken is soft and tender.
4. Boil macaroni until al dente.
5. Chop parsley, dice green pepper.
6. Add cream, chopped parsley and green pepper to chicken and simmer a further 10 minutes.
7. Drain macaroni and add to chicken. Mix lightly and season with salt if necessary.
8. Heat through and serve warm.

	APPEARANCE	TEXTURE	TASTE/ FLAVOUR
Stewed Chicken Drumsticks with Pasta	<ul style="list-style-type: none"> • Light brown colour • Green pepper pieces visible • Creamy sauce 	<ul style="list-style-type: none"> • Chicken soft and tender • Macaroni al dente • Sauce thickened 	<ul style="list-style-type: none"> • Savoury chicken taste • Not too salty
	(10)	(10)	(10)

TIME ALLOCATION		SEQUENCE OF WORK
		TEST NO. 1.: Chelsea Buns and Chicken Mornay
Clock Time	Minutes	
0:00–0:20	20 min	Pre-heat the oven. Prepare the Chelsea Bun 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 Chelsea Buns.
0:40–1:00	20 min	Leave Chelsea Buns to rise. While Chelsea Buns are rising: <ul style="list-style-type: none"> • Prepare the chicken. • Start frying the chicken.
1:00–1:25	25 min	Bake Chelsea Buns. While Chelsea Buns are baking: <ul style="list-style-type: none"> • Boil the Rice. • Measure ingredients for the white sauce of the Chicken Mornay.
1:25–1:50	25 min	Remove Chelsea Buns from oven. Leave to cool. While Chelsea Buns are cooling: <ul style="list-style-type: none"> • Prepare the white sauce for the Chicken Mornay. Pour over the fried chicken and bake. • Strain the rice and keep warm • Clean up.
1:50–2:00	10 min	Prepare icing and drizzle over Chelsea Buns. Remove Chicken Mornay from the oven. Plate the rice. Serve products.
TOTAL: 2 hours	TOTAL: 120 min	

TIME ALLOCATION		ORDER OF WORK
		TEST NO. 2: Quiche Lorraine and Hungarian Meatballs
Clock Time	Minutes	
0:00–0:25	25 min	Pre-heat the oven and prepare the tart plate/muffin pan. Prepare the short crust pastry and place in the fridge. Clean up.
0:25–0:35	10 min	Prepare the filling ingredients for the Quiche Lorraine.
0:35–0:50	10 min	Remove Short crust pastry from the fridge, shape and bake blind. Prepare ingredients for Hungarian Meatballs, step 1-5.
0:40–1:05	25 min	Remove the crust from the oven, pour in the filling. Bake again with the filling. Fry meatballs for 10 minutes or until golden brown. Clean up.
1:05–1:25	20 min	Remove Quiche Lorraine from the oven and leave to cool. Add stock and other ingredients to meatballs and simmer.
1:25–1:40	15 min	Add cream to meatballs and simmer for 10 minutes. Keep warm.
1:40–1:55	15 min	Clean up
1:55–2:00	5 min	Serve the products.
TOTAL: 2 hours	TOTAL: 115 min	

TIME ALLOCATION		SEQUENCE OF WORK
		TEST NO. 3: Coffee and Caramel Tart and Beef Olives
Clock Time	Minutes	
0:00–0:20	20 min	Prepare the biscuit crust, place in fridge.
0:20–0:40	20 min	Hydrate gelatine. Prepare Beef Olives, fry up to step 5.
0:40–0:70	30 min	Prepare coffee and caramel filling to step 9.
0:70–1:35	25 min	Beat egg white and fold into mixture, place in fridge.
1:35–1:45	10 min	Remove Beef Olives from saucepan, thicken sauce, spoon over.
1:45–1:50	5 min	Clean up.
1:55–2:00	5 min	Serve.
TOTAL: 2 hours	TOTAL: 115 min	

TIME ALLOCATION		SEQUENCE OF WORK
		TEST NO. 4: Swiss Roll and Stewed Chicken Drumsticks with Pasta
Clock Time	Minutes	
0:00–0:05	5 min	Preheat oven to 200 °C. Line baking tray.
0:05–0:30	25 min	Prepare chicken up to step 3.
0:30–0:55	25 min	Boil macaroni. Chop parsley, dice green pepper.
0:55–1:10	15 min	Add cream, parsley and green pepper to chicken, simmer 10 minutes
1:10–1:20	10 min	Prepare Swiss Roll batter. Keep chicken warm.
1:20–1:35	15 min	Bake 12–15 minutes.
1:35–1:45	10 min	Roll Swiss Roll.
1:45–1:50	5 min	Serve both products when ready.
TOTAL: 2 hours	TOTAL: 110 min	