

Food and Culinary Skills Exam

Examination No. _____

Date: _____

Task No. _____

Stage 1: Task analysis, investigation and solution.

Analysis of Exam Brief: I am asked to:

- (a) _____

- (b) _____

- (c) _____

- (d) _____

Factors that I must consider before choosing my dish:

- (a) _____

- (b) _____

- (c) _____

Factors continued.....

(d) _____

(e) _____

(f) _____

Possible Solutions - The following dishes would meet my exam brief:

Solution A:

Solution B:

Stage 2: Solutions

I have chosen solution: _____

because:

1. _____

2. _____

Name of dish I intend to prepare, cook and serve: _____

Garnish/Decoration: _____

Accompaniments: _____

Ingredients List:

Fruit & Vegetables	Dairy / Eggs	Meat / Fish	Dry Stores

Equipment Needed: _____

Serving dish(es): _____

Advance Preparation: 30 minutes before the exam starts

(a) _____

(b) _____

(c) _____

(d) _____

(e) _____

(f) _____

Time	Task

Cost of Dish

Ingredient	Quantity	Cost

Total Cost of Dish: € _____

Cost per serving: € _____

Cost of similar commercial dish: € _____

Stage 3: Evaluation

Nutritional Value / Evaluation:

Protein: _____

Fat: _____

Carbohydrate: _____

Vitamins: _____

Minerals: _____

Water: _____

Evaluation of my task

Time Management: _____

My Skills: _____

Hygiene and Safety: _____

Do my chosen menu/dishes meet the brief? _____

How do my menu/dishes fulfil the brief? _____

Appearance: _____

Flavour: _____

Texture: (mouth feel) _____

Cooked / Doneness: _____

Changes, modifications or variations you could /would make if you were doing this task again: _____
