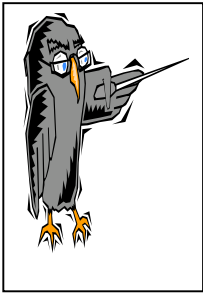


Extra points to remember for the exam:



Marks are given for all parts of the exam-

- Preparation
- Skills
- Correct cooking techniques
- Safety
- Hygiene
- Economical use of resources
- Finished dish

SKILLS:

- ❖ Put into practice the cookery skills/methods learned in class
- ❖ Use the correct equipment for each process
- ❖ Always chop food on a chopping board

SAFETY:

- ❖ Knives should be used carefully & correctly
 - ❖ Saucepan handles should always be turned to the side so that they will not be knocked off the hob
 - ❖ Always use oven gloves when using the oven
 - ❖ Use all portable electrical equipment away from sinks –electricity & water do not mix!
 - ❖ Dry hands before handling all electrical equipment or hot dishes
 - ❖ Keep working area clean
 - ❖ Keep raw & cooked food separately
 - ❖ Wash hands after preparing raw meats
 - ❖ Try to wash up in stages throughout the exam –don't leave it all to the end
- Do wash up & drying and leave out for the examiner to inspect

USE OF RESOURCES:

- ❖ Avoid wasting food especially peeling vegetables- remember the examiner can see your waste in the bin!
- ❖ Do not waste water by leaving the tap running when washing dishes
- ❖ Use tight fitting lids on the saucepan to avoid wasting energy
- ❖ ****NB –**Turn off all hob rings when not in use******
- ❖ Choose the correct size pan for the ring that you are going to use
- ❖ Use your time efficiently- when dishes are cooking clean & tidy the unit
- ❖ Try to keep to your time plan
- ❖ **Keep your unit clean & tidy – avoid clutter!**