

PRACTICAL EXAM



GUIDELINES:

- ❖ Tidy away all chairs
- ❖ Place the preparation where that it can be seen easily

- ❖ Tidy hair & tie back if necessary
- ❖ Remove any jewellery for hygienic reasons
- ❖ Remove jumper if you are going to be too warm
- ❖ Wash hands before handling food & if you touch the bin
- ❖ Unpack ingredients
- ❖ Tidy away all bags & packaging
- ❖ Wash hands before preparing table

- ❖ Place all ingredients for each dish together at the side of the table
- ❖ Collect all equipment and neatly stack it close to the work area
- ❖ Leave a space in the centre of the table for working

- ❖ Have your examination number clearly on the table or on your apron

- ❖ **OVEN PREPARATION:**

- ❖ Arrange shelves
- ❖ Switch on the oven – it must be at the correct temperature for the examiner

- ❖ **FOOD PREPARATION (30 mins):**

- ❖ Weigh dry ingredients
- ❖ Weigh other ingredients
- ❖ Wash fruit & vegetables- but do not throw away until the examiner is present
- ❖ Do not chop or grate vegetables or fruit
- ❖ Make sure that you have a pencil or pen for the evaluation

Exam rules must be followed at all times
Do not talk to any other student in the exam
If you have any queries ask the Examiner
Relax- your prepared for this exam- Don't panic!