

**2009 Junior Cert Home Economics Task  
Cookery Practical Exam**

**STUDENT EXAM NUMBER**

**TASK 7**

7. Calcium forms an essential part of a balanced diet. Investigate some calcium rich main course dishes that could be served as the main meal of the day. Prepare, cook and serve one of the dishes you have investigated. Prepare and serve an attractive salad to complement the meal.

2009

**Planning and Preparation**

**Analysis:** (clearly write down in your own words what you have been asked to do)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**Investigation of the importance of calcium in a balanced diet :**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**Factors to be considered before carrying out the task:**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**Possible Solutions:**

<b><u>Possible solution</u></b>	<b><u>Reason for choice</u></b>
<b><u>Main Course</u></b>	
<b><u>Salad</u></b>	
<b><u>Main Course</u></b>	
<b><u>Salad</u></b>	

**Name of Dish / Dishes for my final solution(s):**

---

---

**Attractive Salad to be served:** \_\_\_\_\_

**State clearly here the reasons for choosing you final solution(s):**

---

---

---

---



# Equipment List

## General Equipment

## Serving Equipment

## Time plan:

**Preparation Time:** \_\_\_\_\_

**Starting time:** \_\_\_\_\_ **Finishing time:** \_\_\_\_\_

<u>Time</u>	<u>Details</u>
	<p data-bbox="580 443 1235 486"><u>What I will do in my preparation time</u></p>
	<p data-bbox="804 1341 1011 1384"><u>EXAM TIME</u></p>

--	--

## Evaluation of Task:

	<u>Main Course</u>	<u>Salad</u>
<u>Colour</u>		
<u>Taste</u>		
<u>Texture</u>		
<u>Presentation</u>		
<u>Cost</u>		
<u>Nutritional Value</u>		
<u>Extra points:</u>		



