

East Renfrewshire Council: Education Department
Practitioner Moderation Template

Prior to the moderation exercise, please complete the following information and submit it to your facilitator with assessment evidence from one learner that you judge to have successfully attained the Es' and Os'.

Experiences and Outcomes:

Having explored a range of issues which may affect food choice, I can discuss how this could impact on the individual's health.

HWB 3.34a

I can apply food safety principles when preparing and consuming food

HWB3.33a

I have gained confidence and dexterity in the use of ingredients and equipment and can apply specialist skill in preparing food

TCH3.10a

Learning Intentions:

1. To explore issues affecting food choice and discuss how this affects health
2. To gain confidence and dexterity in using ingredients and equipment
3. To prepare food with a focus on food hygiene

Success Criteria:

Explain the factors which affect food choice and the impact on health

Apply food safety principles when preparing and cooking food

Uses a range of ingredients and equipment to prepare foods for different occasions

Plan a menu for a specific occasion

Briefly outline the context and range of quality learning experiences that have been provided making reference to the chosen design principles.

Think, pair and share was used to allow pupils to share with the group what they already know about food choices, celebrations and the dishes involved. They then discussed particular events and celebrations and identified a range of dishes.

Pupils investigate a range of factors which affect food choice eg religion, allergies, moral and environmental factors

Pupils were given an individual create and make challenge allowing personalisation and choice where pupils plan, make and evaluate dishes suitable for a particular occasion. The task suits a range of ability levels as pupils can choose and be guided to select a recipe which suits their developing skill set, allowing increased responsibility and independence

A menu card is produced for the event.

Record the range of assessment evidence that was gathered to meet the success criteria (Say, Write, Make, and Do) considering breadth, challenge and application.

Say

Oral response and involvement in group discussion

Make

Design a menu card for a specific occasion

Write

Written assessment

Do

Practical assignment / Peer assessment

Briefly outline the oral/written feedback given to the pupil on progress and next steps, referring to the learning intention and success criteria.

..... has developed a wide range of practical skills and methods of cooking. Skills are carried out competently with a focus on hygiene and safety procedures.

Good explanation of the factors affecting food choice were given in the written assessment.

Next steps :-

During the next 'Create and Make' activity should challenge herself to take on more demanding skills.

Work area should be cleared between each step of the recipe to improve organisational skills.

Pupil Voice:

What have you learned? How did you learn? What skills have you developed?

I have learned how to cook lots of different foods through the practicals we do. I can use a lot of different equipment safely. I have developed skills on how to dice food and give good feedback on the dish.

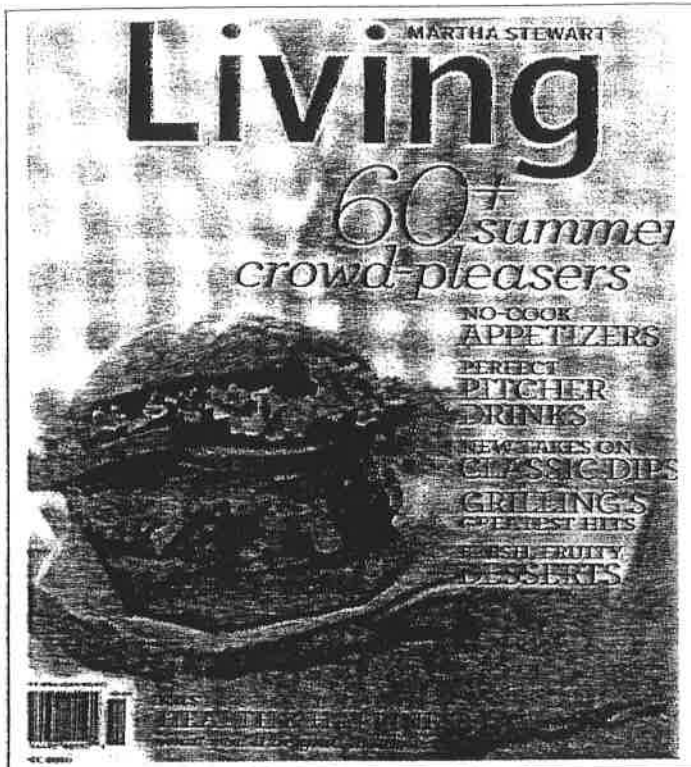
I can watch for hygiene rules during cooking.

I know many reasons why people choose different foods.

Did the learner successfully attain the outcomes? YES/NO

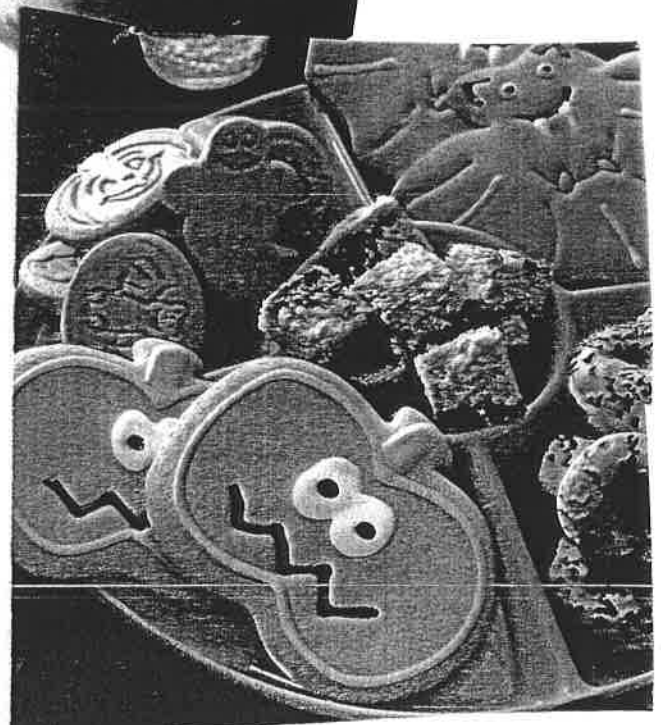
St Luke's High School
Food and People
Factors affecting food choice

Task 1



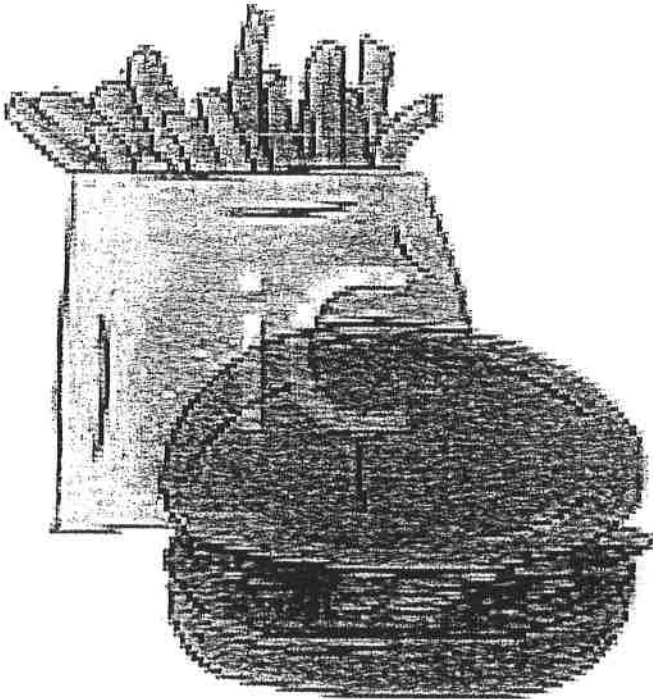
Use the magazines provided to find 3 adverts which promote a food product for children or teenagers.

Cut out the adverts and stick them into your workbook.



St Luke's High School
 Food and People
 Factors affecting food choice

Task 2



Use the resource to work out which activities you would need to do and for how long to use up the calories provided by a burger and fries.

885 kcal

Activities	How long	Calories
Running	49 mins	350
Walk	1 hr (60 mins)	200
Aerobatics	49 mins	350

Total time

158

Total calories

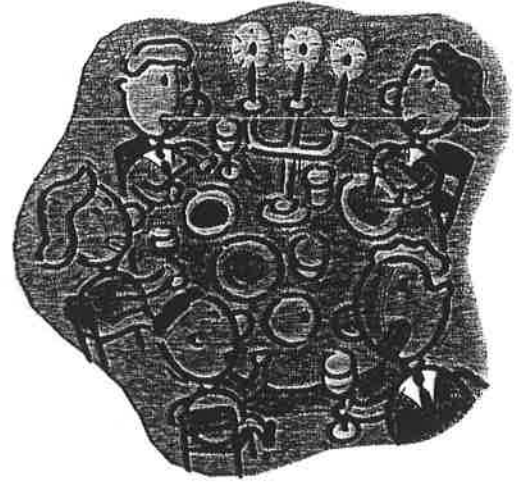
900

St Luke's High School
 Food and People
 Factors affecting food choice

Task 3

Plan and cost a meal of your choice for a family of 4 using the resources available.

Examples - baked potato and fillings, sausage and mash, pasta dish, range of sandwiches



Meal	Ingredients	Quantity	Cost
Spaghetti	Olive oil	1 tbs	£0
Carbonara	Onion	1	£0.15
	Mushrooms	1/2 x 400g pack	£0.75
	Courgettes	250g	£0.38
	Garlic	1 clove	£0
	Spaghetti	1 x 500g pack	£0.20
	Eggs	2, yolks only	£0.28
	Milk	150ml	£0.25
	Single cream	150ml	£0.45
	Cheddar	60g	£0.40
	HAM	1/2 x 120g	£0.75
Total cost for the meal = £			£3.61

1000ml = 1.75 price

55 p pl

31 p pl

24

30

St Luke's High School
 Food and People
 Factors affecting food choice

Task 4

Foods from around the world



Place the pictures of food on the world map

Name of Dish	Country
Quesadilla	Mexico
Shepherd's pie	Ireland
German Sausage	Germany
BBQ Burger + Onion Rings	America
Salami	Spain
Pasta Bolognaise	Italy
Indian Curry + Rice	India
Lasagne	Italy
Brie	France
Greek Salad	Greece
Cranachan Shortbread	Scotland
Olives	Southern European
Stir Fry Noodles	China

St Luke's High School - Hospitality Peer Assessment

Name of chef.

Dish... Mishti Nepullon

Name of marker

Date.....

Use the traffic light system to assess your partner.

Safety

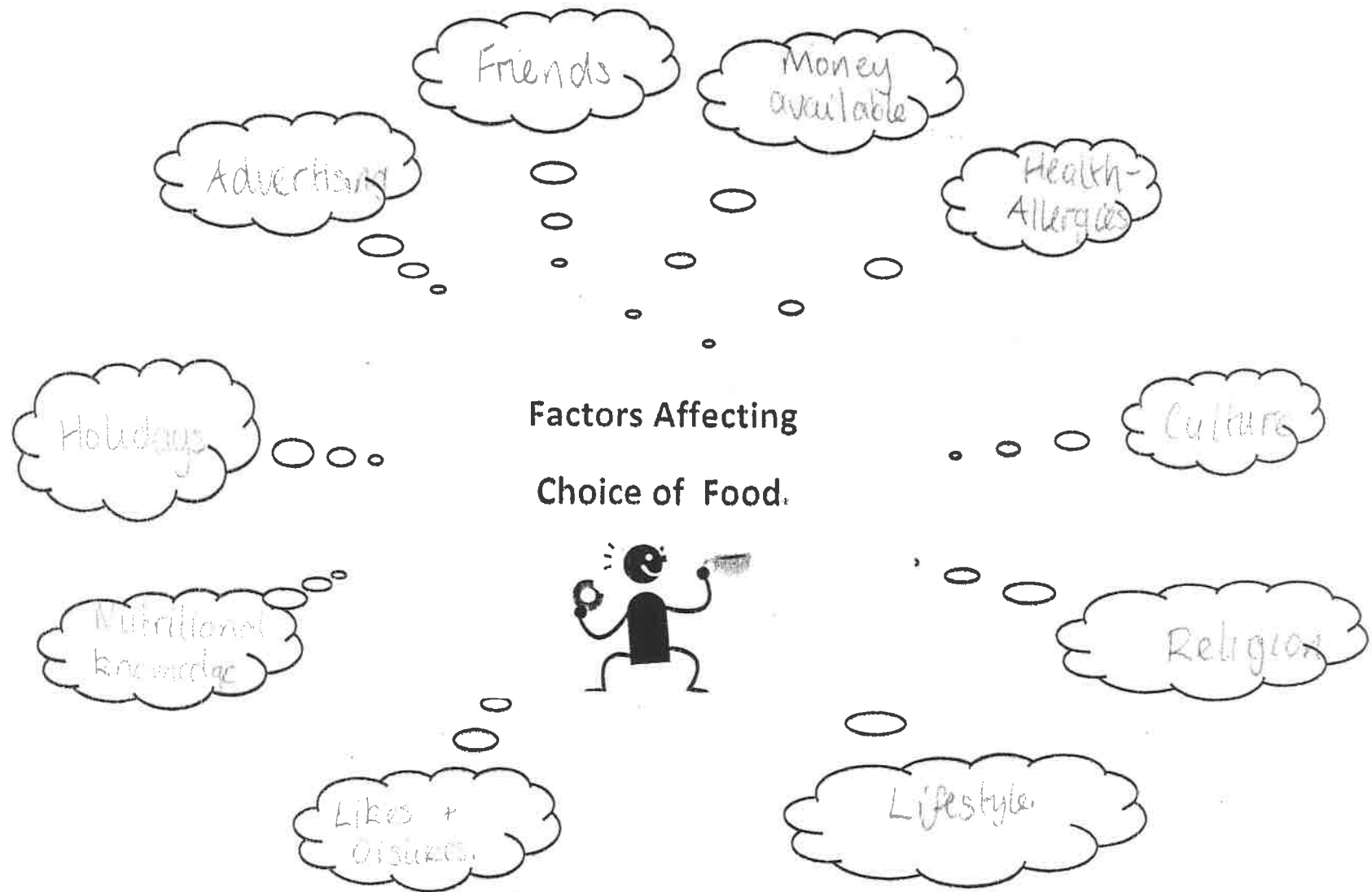
Hygiene

Storage

Safe use of knife	Safe cleaning of knife	Chopping boards secured	Safe use of pots	Safe use of electrical equipment	Clean as you go approach	Waste disposed of correctly	Raw and cooked food separated	Hot storage	Cold storage
<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

Accurate weighing	Accurate measuring	Correct use of equipment	Equipment cleaned safely	Equipment cleaned hygienically	Cookery processes used to an appropriate standard	Presentation technique used to an appropriate standard	Size	Enhanced appearance	Table Kept clear
<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

Targets	Actions
Use pots safely Keep the table clear	Turn the pots handles in Clear table as I work

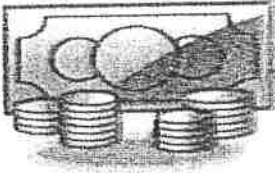


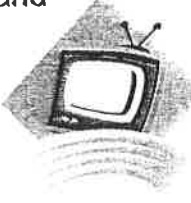



* Practicality
(how long something takes to prepare)






✓ A good range of factors listed

What Do You Know? Factors Affecting Food Choice

How does each of the following factors affect health? Give as much detail as you can. Retain this sheet in your portfolio of evidence.

FACTOR	Explain how these factors impact on health
 Budget available	<p>This can impact health as if a healthy food is cheaper than the unhealthy ones, people might buy more of those and eat more of them which can cause diabetes and other health issues. A diet that is not of good quality (unhealthy) is not good for health.</p>
 Lifestyle	<p>Occupation might mean less time needed to prepare food, so easier, quicker and healthier ready-made meals may be used instead. Age might limit food as you might just stick to what you are used to, either healthy or unhealthy. If you are sporty then you might try to be healthy.</p>
 Special dietary needs	<p>If you have diabetes and don't stick to what you can eat, you can get seriously ill. Depending on what your allergies are you might have to go more for healthy & nutritious foods causing your weight to change.</p>
 Advertising and the media	<p>Advertising can make it seem as if eating unhealthy foods kind of like they are promoting them this can cause weight, diabetes and other problems. Although recently many cooking programmes have been focusing on healthy foods, give people the urge to attempt making it.</p>
 Practical food preparation and cooking skills	<p>If you are a good cook you will be willing to attempt making healthier foods causing your diet to be good & balanced. Where if you can't cook, you may stick to microwaves and takeaway foods which are higher in salt, fat, sugar and are not good for your health. Which may, in the long term, result in weight, diabetes and iron problems.</p>

Good explanation of the factors affecting food choice & the link with health

FACTOR	Explain how these factors affect health
Travel and Knowledge of World Foods 	<p>If you have travelled alot you will know what foods are good for you. In your home country there are many different foods but you may not know what is good for you.</p>
Food Retail Outlets 	<p>You will make food choices depending on the food available i.e. there may be very little fruit & veg available so you might just turn to sugary snacks. Also, if the shop has items on pizza and sweets and fizzy drinks, you will buy them which are bad for your health.</p>
Likes and Dislikes 	<p>If you don't like certain fruits & veg then you may replace them for foods higher in salt, sugar & fat resulting in heart & obesity problems. Also, if you like take-aways and ready meals you may have them more often which is bad for your health.</p>
Nutritional Knowledge 	<p>If you know the factors affecting food choice and the consequences of not eating properly, and if you know how this can affect your health, you may try harder to be healthier. As you may be aware that foods high in sugar can give you diabetes... etc. so you try to be healthier.</p>
Moral, environmental and cultural issues 	<p>This can affect your health, as if you love animals, you may be a vegetarian, which means you may eat more salad & veg which is healthier although if no red meats are consumed there is low iron problems may occur. Also, some religions mean people can't eat certain food and depending on their health this can be good & bad for a person.</p>

eat unhealthily as you want to try foods, eg hot dogs, burgers and pretzels

Food and People

Self Assessment

I know that what we need to eat changes at different times in our lives

☆☆☆

I know that some people do not eat certain foods due to allergy or religion

☆☆☆

I can use a range of skills to prepare food

☆☆☆

I can explain that advertising can affect what I choose to eat

☆☆☆

I can make healthy food and drink choices based on the eatwell plate

☆☆☆

I know that people choose different foods for different reasons

☆☆☆

I can prepare and cook foods safely

☆☆☆

I am aware that the cost of food may influence food choice

☆☆☆

I keep my work area clean and tidy when I cook

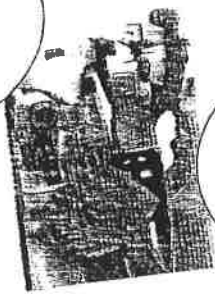
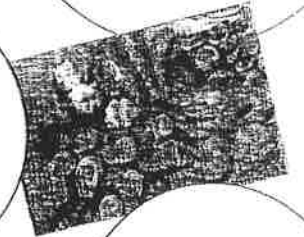
☆☆☆

I always follow food hygiene rules when I cook

☆☆☆

I can choose and use equipment safely when preparing and cooking food

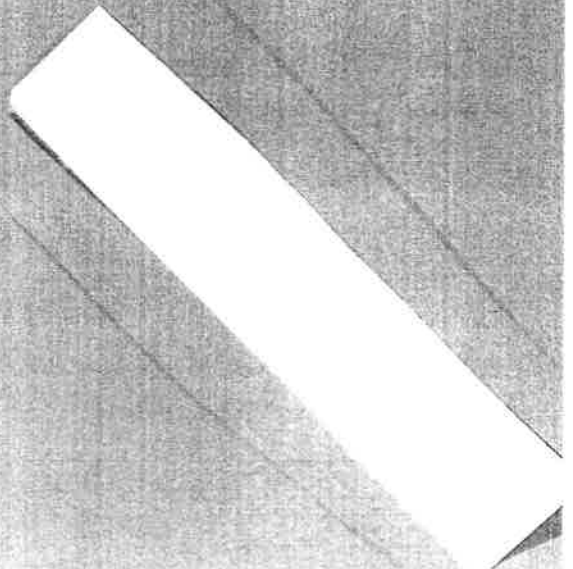
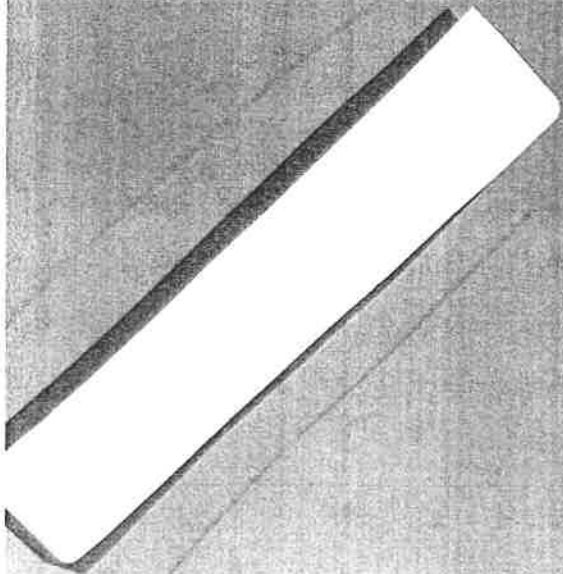
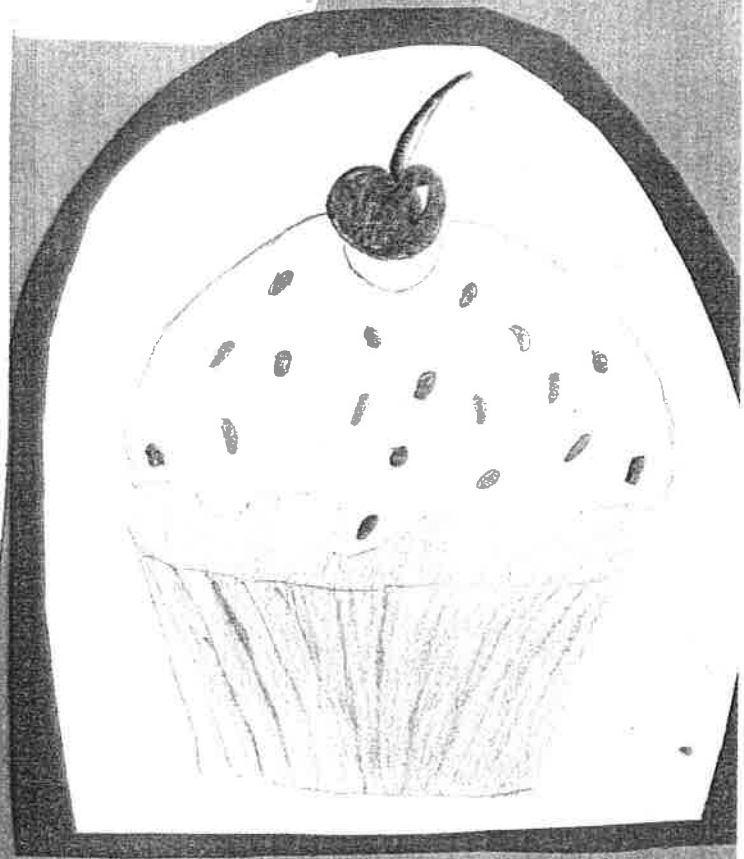
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CAFÉ DE

PETIT

CÂTEAU



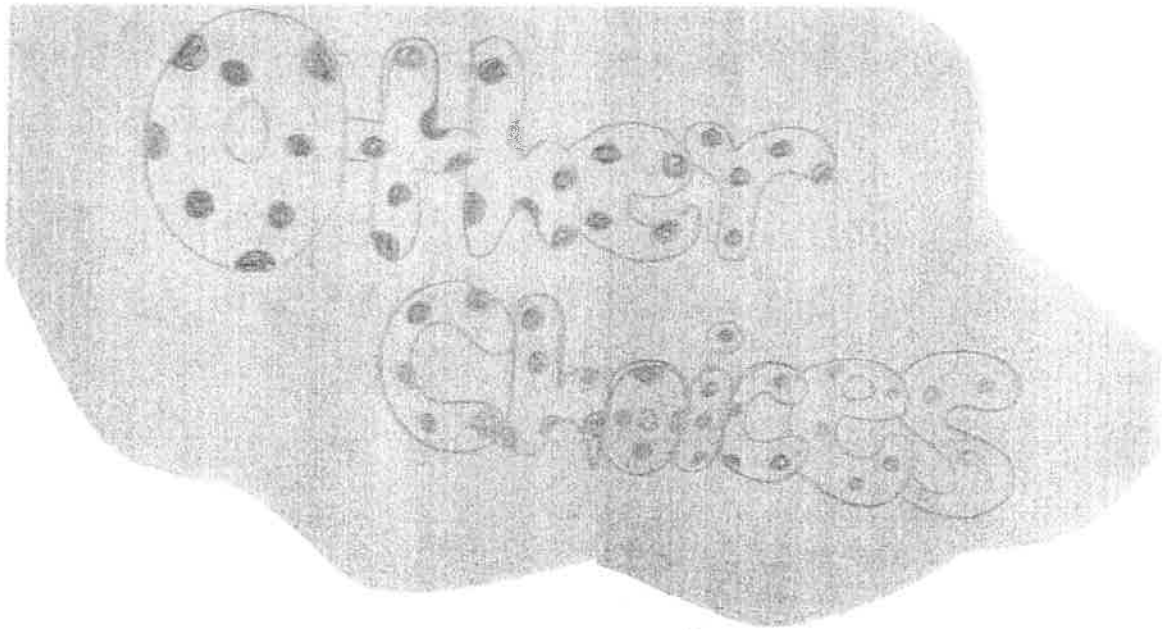
Cupcake Party! SPECIALS

Pizzalicious

Tasty chicken and pepperoni
pizza topped with crispy
onions and stuffed crust!

Butter Buns Cupcakes

Creamy cupcakes topped
with butter and
vanilla.



Spicy Potato Wedges

Scrumptious potato wedges,
thruy sided with a little
bit of spice!

Sandwiches

Star shaped chicken
sandwiches, served with
side salad and tortilla
chips!

Sausage Rolls

Fluffy pastry with
tender sausages!

Dessert

Carrot Cake muffins

light and fluffy.

Carrot cake muffins!

Fruit Kebabs

A light & healthy option!
With your fav. fruits!

Ice-cream

3 scoops of creamy ice-cream.
Flavours your choice!




Party Planning Evaluation

Name _____ Class _____

I worked with	Sam & I
We planned	for a party
Dishes we made	Cupcakes Pizza
We chose these because	We know how to make them & we like them ✓
What worked well for me	Using equipment used to make the food. ✓
What worked well for my partner	We planned together ✓
What could we do better next time	Try something we have never made before
My menu card could have been improved by	Adding pictures from magazines.
I think my ideas worked (or not worked) because	As we planned together we worked well as a team. ✓

Good feedback as the skills & equipment used to prepare the foods for the chosen occasion

Health Food and Textile Technology
 Food and People
 Review and target setting

Success Criteria				Action/ Next steps
I can apply food safety rules when cooking	✓			Practice at home, and revise rules.
I have gained confidence in using ingredients and skills in preparing foods	✓			Cook things at home and using they skills.
I can discuss the issues which affect food choice	✓			DISCUSS WITH PARENTS about why we are having this for dinner.
I can discuss the influence of external sources	✓			At dinner parties make menus, and choose balanced meals.
I can plan a food items for a specific need and design a menu card	✓			At dinner parties make menus, and choose balanced meals.

Name
 Date

Health Food and Textile Technology

Self evaluation of practical lessons

Food and People

Name _____

Date _____

Hygiene, safety and organisation

Circle the number which you think best describes how hygienically, safely and well organised you worked.

Hygiene	Safety	Organisation
1 2 3	1 2 3	1 2 3
Explanation: I always wash my hands before and after I cook.	Explanation: I follow safety rules very well.	Explanation: I have everything organised in my kitchen.

Skills

Look at the word bank of skills. Identify the skills which you used during the practical lesson. Identify 2 skills which you carried out well, and one you need to work on. Explain why you have chosen these.

grate arrange slice dice stirfry rub in mix baking
 wash grilling peel chop drain spread divide
 measure weigh dry health grill shape poaching
 simmer scramble boiling sauté

2 skills I carried out well	1 skill I need to work on
1. Chop 2. Mix	1. sauté
Because:- I used them a lot.	Because:- I have never used it before.

Finished Product

- ★ ★ ★ **Very good**
- ★ ★ **Good**
- ★ **Needs improvement**

Stars	Explanation
Taste ★★ ★	Tasted nice.
Texture ★★ ★	
Appearance ★★ ★	Not cooked properly.