**FOOD STUDIES PRACTICAL COURSEWORK JOURNAL**

**INVESTIGATION: ANALYSIS/RESEARCH**

You must **investigate** the task under relevant **headings** (these will be obvious from the brief) use bullet points where appropriate

If you are asked for a range of menus you must give **three** – they must be **balanced** (contain 3 out of 4 food groups)

You must state what **dish** you will cook & give a **reason** for your answer.

**Sources of Information** – need to include **2 sources**. Must give authors name & book/magazine title, internet address etc as appropriate

**PRACTICAL APPLICATION – PREPARATION & PLANNING**

**WORK PLAN:** (write in the **Future Tense –** it is what you intend to do)

1. Always start the work plan with **preparation** (of yourself & unit) **eg** *I will set up my unit with the equipment and ingredients I need. I will put on my apron, tie up my hair and wash my hands.*
2. The work plan should describe the **main steps** involved in making the dish. Use **numbers** to indicate the steps involved
3. The final point should relate to **serving, tasting, wash up** and **evaluating** the dish.

**IMPLEMENTATION**

**\* Procedure followed** (write in the **Past Tense –** it is what you have done)

1. Always start the procedure followed with **preparation** (of yourself & unit) **eg** *I set up my unit with the equipment and ingredients I needed. I then put on my apron, tied up my hair and washed my hands.*
2. The procedure followed should describe the **exactly how the dish was made** (more detail than the work plan). Use **numbers** to indicate the steps involved.

(Make sure to include details of temperature (oC) and length of time etc.)

1. The final point should relate to **serving** (describe in detail how you served it)**, tasting, wash up** and **evaluating** the dish.

**\* Key factors** (**x2** – use bullet points)

Always give a reason for your key points

**\* Safety factor** (**x1**) Always give a reason

**\* Hygiene factor** (**x1**) Always give a reason

***Key factors, safety & hygiene points must always be specific to the dish (mention the name of the dish in the point)***

**EVALUATION**

**\* Evaluation of Implementation**

1. Write a few sentences describing the **taste, texture & appearance** of the dish
2. Evaluate your own performance in terms of your **strengths & weaknesses**
3. Mention some **modifications (changes)** you would make to the dish if you were to cook it again (be careful not to contradict what you said when you were describing your dish egdon’t say you would *add more sugar next time* if you described thetaste as *too sweet*!!) Give a **reason** why you would make these changes

**\* Evaluation of Specific Requirements**

You need to read your brief carefully for this section.

It may ask you to evaluate the dish in relation to the **specific requirements of the dish**. For this you must describe **why** the dish you made suits the brief.

**Or**

It may ask you a specific question eg advantages/disadvantages or about the practicality of the method of cooking etc...

You must give **2 well developed points**

***ADDITIONAL NOTES***

*It may be necessary to repeat yourself sometimes (you may mention something in the investigation & mention it again in the evaluation) to emphasise/back up a point – this is ok*

*Headings should be written with red pen – headings are marked above with a*  **\***

*You should give your answers in bullet points*

*Information should be taken from textbooks, the internet, magazine articles etc*

*You MUST list where you got your information*

*DO NOT COPY INFORMATION DIRECTLY FROM A SOURCE... WRITE IT IN YOUR OWN WORDS*