

Unit 2

120 Marks

The total time allocated for assessed tasks is **12 hours**.

Candidate Name

Candidate Number:

Centre Name:

Centre Number:

Teacher Assessor:

Date of Practical Assessment (Task 3):

Font and size: Coursework can be typed or handwritten. Where work is handwritten, writing should be neat and clear using black or blue pen. When work is typed the font should be no bigger than following font type size 12 using the s: Calibri, Times New Roman, Comic Sans or Arial.

Photographical evidence: Coloured photographs of the final dishes must be provided. Where complex or medium techniques or skills have been achieved, photographic evidence IS REQUIRED (e.g., photograph of candidate filleting a fish or deboning chicken for a complex skill and kneading dough for bread or reducing a sauce for a medium skill). All photographs must be signed and dated by the teacher and candidate and scanned. Digital signatures are acceptable.

Additional Slides can be added if necessary.

Scenario

Ivybrooke is a residential outdoor education centre located on the edge of a national park. Pupils from surrounding primary schools come to participate in outdoor activities, such as orienteering, mountain biking, and hiking. Most school groups stay for 4 days and 3 nights.

The centre can accommodate up to 40 school children and 4 teachers. There are also 12 live-in adult staff members, including a small kitchen brigade who prepare 3 meals a day during the residential stay. The kitchen brigade cooks a wide range of dishes that are suitable for the needs, of 10 year old school children and adults. Ingredients are sourced locally and in season where possible.

Ivybrooke has excellent sustainability practices, such as reducing waste, recycling, and reusing. The kitchen is suitable for large-scale catering and has a variety of specialist, hand-held, and electrical equipment available.

As a commis chef at Ivybrooke, you have been asked to plan, prepare, cook, present, and review two dishes.

The dishes can be starters, main courses, or desserts.

You will need to:

- analyse the assignment brief and recommend two dishes, one for each of the customers named in the brief. Each dish may be either a starter, a main course or a dessert and each dish should include any appropriate accompaniments.
- produce a production plan to show how the practical preparation, cooking and presentation will be completed within the allocated time.
- complete the preparation and cooking of the two dishes.
- evaluate and review the dishes.
- review your own performance.

Analysis of scenario

From analysing the brief, I have identified that the venue is an outdoor activity centre that's consists of loads of fun activities for children to keep active and burn energy. Whilst I am planning my menu I must think about the menu and give energy rich foods.

The customers that use this outdoor activity centre are the adults and the children to be there and the primary school who will take the children on trips to there. I need to know my customers so I know how much portions I need to give out and what kinds of foods to give out. The adults would need foods that maintain health and dishes that look appealing. For children they would need foods containing lots of energy such as pasta, rice and cereals. Many children would need an eat well guide.

The equipment that the kitchen staff would need is a large range of equipment so they can create a large range of dishes to satisfy the children. Re-use, re-cycle, and reduce is important because it helps reduce food waste of what the children do not eat. You also can recycle packaging/ knives, forks. You can also reduce food miles by going local and buying the seasonal foods, buying ingrediants, and supporting local farmers.

In the making of my menu I must think about adding the macro-nutrients they include: Carbohydrates, fat and protein. Carbohydrates are starch and sugar. Whilst fats can be a saturated fat or unstaturated fats and protein can be High Biological Value or Low biological Value. All of these would be give me the flexibility to create a good working menu for all ages.

Customer 1: My customer is an Adult that works as a teacher.

Dish ideas: Adult

- Lasagne garlic focaccia and salad
- A chicken burger and chips and steamed vegetables
- Apple pie and ice cream
- Homemade baked beans.
- A chicken and mushroom pie, mash and vegetables
- Pizza, chips and beans

Customer 2: 10 year old child

Dish ideas:

- Chicken nuggets, chips and salad
- Spaghetti bolognese with garlic bread
- Fish fingers and chips
- Chocolate cake with custard
- Mini pizza with chips and beans
- Ham and cheese sandwich with crisps

Chosen dishes including accompaniments

Customer 1 - Adult

Lasagne, garlic focaccia and salad.

I chose this dish because it would suit my customers needs and create a well-based nutritional dish for this adult. An adult need a well-balanced healthy diet to keep them fit as they do not run around anymore and need a good diet to stay fit.

Customer 2 - 10 year old child

- Chicken nuggets, chips and salad.
- I chose this dish for the 10 year old because they are still a young child and are still growing. The chicken nuggets contain protein, it has all 21 amino acids, it is need for growth which the child would need I will ensure that there is enough protein for child as that would be 34 grams of protein.

Examples of Level 2P NEA and Exam Paper

Please note that grade boundaries change each year

The work you are reviewing is subject to change in terms of grade boundaries year on year

NEA examples are from 2025 submission

Past Paper for unit 1 is November mock 2025 current year 11

Customer 1: Assess how the dish meets the nutritional needs of the customer ADULT Customer*(Resources: NOT permitted)*

My customer is at the age of where they do not run anymore. This tells me that the adults would need a nutritional and well-balanced diet to keep active and stay fit. To achieve this I have chosen lasagne, garlic focaccia and salad. I have chosen this dish because it would meet the needs of an adult and give them the nutritional diet that they need. Adults need to have a well-balanced diet to keep active and stay fit as they do not run around anymore like children to burn all the fat off. To start off with the lasagne. It contains meat sauce which has vitamin A, vitamin C, and vitamin D, as well as iron, and calcium. As in the cheese sauce there is vitamin C, vitamin D, and Vitamin B6, as well as iron and calcium. The cheese sauce can also contain carbohydrates and 0.2g of protein. In lasagne as a full it contains saturated fat, vitamin C, iron, vitamin D, Vitamin B6, , calcium and Carbohydrates. Protein can help repair muscles. It is also a HBV containing all 21 amino acids. In the garlic focaccia is saturated fat whilst it contains, this contains calcium, iron and vitamin D. as in the garlic alone that contains vitamin C, calcium, and iron. Garlic focaccia is a slow release as it is also a complex carb. In the salad that contains vitamin A, vitamin C, calcium, and fibre. This salad is a slow release carbohydrates. if my customer is a vegetarian I can change the meat in the lasagne to contain mushrooms and lentils to fit their needs. The adults needs this in their diet because it will keep them fit and healthy and nutritional. The adult need these nutrients in their body because it helps the body grow new cells but also repair new cells and it helps with the immune system.

Customer 2: Assess how the dish meets the nutritional needs of the customer (*Resources: NOT permitted*)=

My next customer is at the age where the running around being energetic. This tells me that the child would need a nutritional meal and a well balanced diet to keep their energy up throughout the day so they will be tired for the night. The child would need carbohydrates to maintain their energy as it is an important source of fuel. If they did not have any carbohydrates in their meal the children would run on no fuel for the day and have no energy. So to achieve the children's energy and fuel I chose the dish chicken nuggets, chips and salad. As the chicken nuggets contains protein, it also contains carbohydrates which is already good for the children as it contains the fuel for the child. The chicken is a meat which has a high biological value and it contains all of the 21 of the amino acids. As for the chips they contain saturated fats and high cholesterol. The fats are needed in this child's diet but it needs to be a good balance because excess fat can lead to things like obesity, heart disease and type 2 diabetes. They can contain carbohydrates and starch. Also a deficiency in carbohydrate can cause increased obesity, cardiovascular disease, bowel cancer.

Customer 1: Explain the impact of cooking methods on the nutritional value of the chosen dish *(Resources: NOT permitted)*

For my dish lasagne, garlic foccacia and salad for how you have took them what impacts it has on the nutritions.

For lasagne the protein in the meat would not get lost as it would they would change structure. The vegetables in the meat sauce would keep there fibre and stin would soften because it would be easier to digestable. As well as the vitamin c and it is water soluble but the vitamin c comes out of vegetable into the sauce so it doesn't get wasted and can still go into your body.

For the cheese sauce it is simmered/boiled which can still include vitamin A+D as they are a fat soluble so if it get taken out of something the fats would absorb it, it can also contain calcium which is not affected at all during the cooking step.

As for the carbs it can thicken the sauce and make it look more appetising. For the garlic foccacia the fibre would not be affected as it is in the flour that keeps its structure. If you freeze the bread before hand it can help reduce the amount of carbs you are digesting. When you bake the garlic foccacia you would lose a bit of vitamin C. As it would be lost in the steam of baking. Afterwards it will turns a golden brown colour. As for the salad you do not need to cook thus so no vitamin C is lost as it is not cooked

Customer 2: Explain the impact of cooking methods on the nutritional value of the chosen dish *(Resources: NOT permitted)*

I am going to be telling you the impact of cooking methods on the nutrition for my chicken nuggets, chips, and salad. For my chicken nuggets, I will deep fat fry them but they will not lose any carbs and no protein is lost either as it hardens and sets denatures. On the side we have chips where I will also deep fat fry them but you still won't be at any loss of carbs and it will turn a golden colour to create a more appetising look for the child. In the salad, it will not be cooked and it won't lose its vitamin C as it is not being cooked.

Discuss the factors which affected your choice of dishes for the 10-year-old and the adult*(Resources: permitted)*

I am now going to assess the factors that I had to think about when planning my chosen dishes which were, chicken nuggets, chips and salad.

Skills of the chef:

The first thing I am going to discuss is, the skills of the chef it's important that you choose dishes the chef can make confidently. As a chef I can butcher chicken by taking the bone out. Therefore, I know I can bone out the chicken thighs which will be used for my chicken nuggets. I have the knife skills to prepare my chips as batons and julienne. As a chef I have the skill and knowledge to use a deep fat fryer, this is where I will cook my chips as well as my nuggets. As a chef I know how to make the pasta dough and know how to flatten it to create my lasagne sheets.

Portion control:

For my portion control, I will weigh out the chicken to ensure it is the same weight for every nugget and I will use a chip tray so that every serving gets the same amount of chips roughly. This also makes sure I don't lose out on any profit and get all money's worth and make sure there is no food waste. For the salad I will make sure that I put the same number of leaves on each chips. On each dish there will be 10 chicken nuggets. Roughly 10 chips and a one small pot of salad.

Cost:

To keep the cost down and not to over overspending I will buy 1 whole chicken to cook and create all my nuggets and 3 whole chickens if in very high demand for children. I will buy a big bag of potatoes so I can make lots of chips.

How will I reduce waste?

To reduce waste, I will use seasonal ingredients so the food won't go off so quickly and will be in high demand and I also need to know the age of the customer, so I know how much of each food to put on the plate. I could use the bones of the chicken to make stock. Any leftover focaccia could be used to make breadcrumbs. The meat sauce could be used to make a chilli and batch cooked.

Planning a nutritional menu:

To plan a nutritional menu, I will use foods like carrots, fish, vegetables and fruits, broccoli anything with protein in it. I will make sure to add some fruit or vegetables on each portion of dish. Add foods that are on a higher starch foods like I have added my chips that are peeled and chopped from potatoes and my garlic focaccia which is bread and that both includes higher starch foods.

Plan to produce your

chosen dishes *(Resources: permitted)*

Chicken nuggets, chips, salad
Lasagna, garlic focaccia and salad

Equipment used for both dishes

Ingredients used for both dishes and accompaniments:

The equipment that I used were: Potato peeler, knife, a large spoon, saucepan, chopping board, dish, saucepan lid.

Lasagne ingredients:

50gs beef mince,
1 onion,
1stick celery,
fresh pepper,
400g tomato sauce,
1 teaspoon of pinch chilli,
100gs of plain flour
and 1 egg.,
25gs flour,
25gs Marg,
250mls of milk
, 50gs of grated cheese.

Garlic focaccia:

250g raising flour,
1 x 7g yeast,
1 spoon salt,
170 ml Water (lukewarm)
1x 15ml of oil
, 1 garlic,
1 x 5ml rosemary,
1 x 5ml salt.

Chicken nuggets:

3 large chicken breasts
, 2 eggs,
¾ cup plain flour,
salt and pepper,
3 cups panko breadcrumbs,
1 tablespoon paprika,
2 tablespoons olive oil.
Chips:

4 potatoes 1-1.5 across

Salad:

shredded lettuce,
5 sliced or circular slices of cucumber,
4 strips of pepper (any colour).

| Time | Method of making | Health and safety | Contingency |
|---------------|--|--|---|
| 5 minutes | Wash hands and tie hair up, wear apron. Check time plan to see what to do make first. Get Ingredients. Get ingredients ready collect equipment | Not spreading germs To prevent biological contamination Check equipment is clean and free of dried soap Check dates on food Quality checks: check weighing, and measuring is accurate. | There is no need to change anything. there is no need to change anything. |
| 10-15 minutes | use normal flour and egg to make pasta dough. Use 50g. 1 singular egg. Cling dough so it doesn't dry out and Let sit for the time set. Prepare the chicken nuggets Use breadcrumbs, one singular egg and flour and dip it in flour egg and then breadcrumbs to create chicken nuggets and then put in freezer to rest for at least 15 minutes. Wash up clean down | Check the mixing bowl so there's no cross contamination. It will not get bacteria Check the ingredients are in date and have been stored correctly. Use a thermometer to check chicken is cooked and at 165F. | Use gluten free flour for gluten intolerant. Buy readymade pasta if you do not have the skills or equipment to make it |
| 15-20 minutes | Use a brown chopping, to fine dice Carrots, onions stick celery and a teaspoon of pinch chilli. Toos them into a pan and heat up for 5-10 minutes and then add the raw meat and fry for 5minutes, add herbs and tomatoes, bring to the boil and put on lid and simmer for 15 minutes into the mix and start mixing. Wash up and clean down work surface | Use brown chopping board to prevent any cross contamination between any meats or veg mixing with each other. Meat kept in fridge at 0-5c as it is a high-risk ingredient | Use other vegetables such as peppers, courgettes |
| 20-25 minutes | Use 200g of self-raising flower to create the garlic focaccia. And put it a pan and cling over it so it doesn't dry out. Wash up and clean Take lid off ragus sauce and simmer gently to reduce. Measure the milk to a 200ml jug Put in a sauce pan with 25g of butter Turn on saucepan and start mixing with a big spoon until you get a thick mixture and then you have gotten your white sauce. Turn off meat sauce and stir | Not gaining bacteria Make sure saucepan and spoon is clean so no cross contamination through the food. | Use gluten free flour, wholemeal flour Readymade white sauce |

| Time | Method of making | Health and safety | Contingency |
|--|--|--|--|
| 15-20 minutes. | <p>I got chopped garlic and rosemary into a fine dice for the focaccia fillings and then heated them on a low heating as it soon as it was done, I took of the cling foil and flattened the focaccia and shaped in a round tin a little bit and then poured on the fillings</p> <p>I then used about 4 potatoes and peeled until all the skin came off and then cut them into the chips into a baton shape.</p> <p>Wash up and clean down</p> | <p>Make sure the knife is clean and is usable.</p> <p>Use a brown chopping board for potato prep Make sure to not cut yourself if you immediately wash your hand and wear a blue plaster.</p> <p>If potatoes have chitin's or green do not use.</p> | <p>If you cant fine dice then use another knife skill to cut them.</p> |
| 3-6 minutes. | | | |
| <p>Prep time: 5-10 minutes 5 minutes</p> <p>Cooking time: 25-30 minutes.</p> | <p>I then unwrapped my pasta dough and pour some flour over then rolled it out on the pasta machine so it was flat, and I could make my lasagne sheets. I kept going over it to make it as flat as I could turning down the numbers each time.</p> <p>I then used a square shaped bowl and layer down some bolognaise sauce and then lasagne sheets and then did that 2x more times and then I put the white sauce over the top covering it. I then baked it in the oven for 25 minutes</p> <p>I then cooked the garlic focaccia and the lasagne at the same time to reduce the time it needed</p> | <p>Make sure the pasta machine is clean and tidy to prevent biological physical and chemical contamination</p> <p>Make sure the spoons to layer to bolognaise sauce are clean to prevent cross contamination</p> <p>Make sure the meat sauce has been cooked ay 70-75 Celsius</p> <p>And if made earlier it has been stored at 0-5C.</p> | <p>If you haven't got a pasta machine you could always use a rolling pin.</p> <p>If you don't want lasagne anymore you could turn the past dough into spaghetti.</p> |
| 5-10 minutes. | <p>I then chopped up some lettuce (chiffonard) ,cucumber (sliced) , and peppers (julliene) to create my salad.</p> | <p>I will use a green chopping board</p> <p>Chech vegetables are in date and wash them to remove any dirt.</p> | <p>Use different salad option such as radishes, tomatoes, carrots, create a dressing.</p> <p>Steamed seasonal vegetable</p> |

| Time | Method of making | Health and safety | Contingency |
|--|--|--|--|
| <p data-bbox="754 94 830 111">10 minutes</p> <p data-bbox="754 329 914 382">MEAL IS NOW COMPLETED.</p> | <p data-bbox="1042 94 1378 168">I then put the chips in the fryer and fried them at 75 degrees. as well as the nuggets After that I checked if my lasagne was cooked and read.</p> <p data-bbox="1042 172 1358 225">I did the same with my garlic focaccia Removed when cooked and keep warm by hot holding until nuggets and chips are cooked.</p> <p data-bbox="1042 229 1225 247">Wash up and clean down</p> <p data-bbox="1042 268 1352 304">I then got everything prepared and ready on a plate.</p> | <p data-bbox="1403 94 1663 189">Make sure your hand is holding the handle, so your hand doesn't get caught and burn yourself. Hot hold the lasagne and focaccia for no longer than 90 minutes.</p> | <p data-bbox="1689 94 1778 189">If you don't have a fryer then use and air fryer or oven-baked</p> |

Colour photographs of completed dishes

Customer 1



Customer 2



Skills:

highlight all skills demonstrated in practical session

***Basic **Medium ***Complex**

Preparation techniques:

blending* beating* grating* hydrating* juicing* mashing* melting* marinating* proving*
puréeing* shredding* sieving* tenderising* zesting* creaming*** dehydrating** folding**
kneading** measuring** mixing** rub-in** rolling** skinning** toasting(nuts/seeds)**
weighing** crimping*** laminating (pastry)*** melting using bain-marie*** piping***
shaping** unmoulding*** whisking(aeration)***

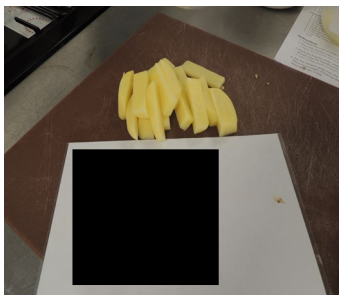
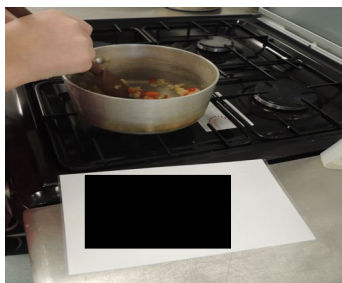
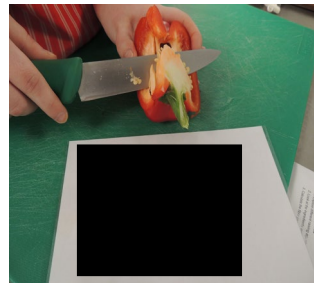
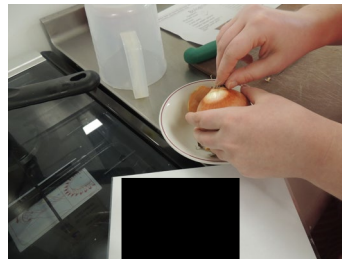
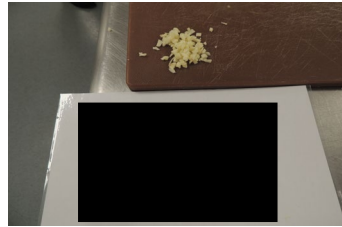
Knife techniques:

chopping* peeling* trimming* bâton** chiffonade** dicing** slicing** deseeding** spatchcock**
brunoise*** julienne*** mincing*** deboning*** filleting*** segmenting***

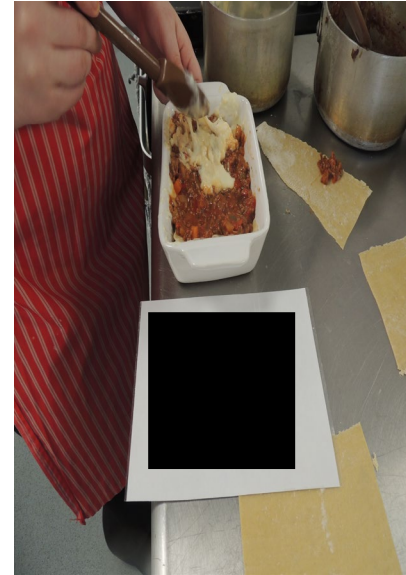
Cooking techniques:

basting* boiling* chilling* cooling* dehydrating* freezing* grilling* skimming* toasting*
baking** blanching** braising** deglazing** frying** griddling**
pickling** reduction** roasting** sautéing** setting* steaming** water-bath (sous-
vide)** baking blind*** caramelising*** deep fat frying*** emulsifying*** poaching***
tempering***

Colour photographs of evidence of complex and medium skills



Colour photographs of evidence of complex and medium skills



Review of your performance (Resources: permitted)

Decision making:

When completing my written tasks, I was able to add health and safety into it using by a lot of own knowledge to it, timings, fridge and freezer temperatures etc. I was able to know what vitamins, how much fibre is in the ingredient and why it's good for each age range. I was able to know why each meal is good for the adult and child, and that's how I created my menu. I could improve on how long I took to make some of the ingredients so it wouldn't take as long as it did. My dishes were easy to make together because whilst one was setting, I couldn't move onto creating another ingredient whilst that's setting. The disadvantages of my chosen dishes were that they both needed to be cooked at the same time as they were ready together. I was able to ensure that my dishes were able to meet the provision as it was able to meet the needs of the adult and child. It helped with the nutritional needs of an adult and child, and it helped with food cost and how much money must be spent on it.

Planning:

It was important that I followed my time plan because it helped with keeping everything in logical order, so I was running around trying to think of what to do next. It really helped on my thinking choices because if I didn't have it with me it would've gone over time and wouldn't have run so smoothly. This helped me reduce time because I knew exactly what to do next and had a method for it and if I didn't have the skills, ingredients or the equipment I had contingencies for it in all of the 3-hour time limit that was given.

Time managements:

I was able to manage time during my written tasks by making notes then when I went into the coursework and started typing it up, I made sure I had enough time for everything. I chose dishes that I knew I was going to be able to make in the time limit I had. With using my time plan I was able to keep on track with my cooking. Time plans help in the kitchen because it helps with getting the meals out and ready for service on time. To reduce the time of my cooking, I prioritised some tasks over others as those were the ones that took the longest. As if I did them later and did the quickest ones first then those would've been cold by the time of service.

Assess The Production of Presented Dishes

I am evaluating the hygiene procedures I carried out during my practical exam. It was important I followed good procedures when making lasagne, garlic focaccia and salad and chicken nuggets, chips and salad as this helps reduce the risks of cross contamination and food poisoning. I will now discuss the personal hygiene guidelines I followed. It was important that I did my personal hygiene to prevent cross-contamination when making lasagne, garlic focaccia, salad and chicken nuggets, chips and salad. I made sure that I tied my hair back to prevent any physical contamination in my food, took off my jewelry so it wouldn't fall into the food uncontrollably and injure a customer, made sure that I wasn't wearing any false nails because if I did it would contaminate the food if it fell in, wore an apron to prevent dirtying my clothes and any clothes fabric flying into the food, had clean hands because if I didn't it would cause bacteria to move onto the food and make my customer ill. For my food hygiene I used my knowledge of using different chopping boards to bone my chicken out using a red coloured chopping board and then to cut my potatoes into chips I used a brown chopping board so it could prevent cross contamination, and it would provide a safe cooking environment. It is important to wash up and clean down because it helps with re using the same dishes and plates but can also help with removing harmful bacteria and viruses.

Health and safety

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After I boned my chicken out, I then stored it into a 0-5c fridge as it is a high-risk ingredient and just so it can set. To do that I put my chicken thighs after being boned into a dish and put a cling foil. This is important because it helps to reduce bacterial growth. Before you start cooking with any ingredient make sure the ingredients are all in date because if they are not in date then this will cause your customer to become dangerously ill with some of the ingredients then you're using the knife make sure to use a bridge + claw, use correct hand and clean knife so it won't cut you and you won't cause cross-contamination. Make sure to use the correct chopping board for each ingredient. Etc: raw meat use a red chopping board, salad use a green chopping board, and for potatoes use a brown chopping board as most of these are high risk ingredients and can't be cut up together when you're using the pasta machine remind yourself to not put your fingers by the roller because it could cause serious injuries if you accidentally roll your fingers and secure it onto the work space so it does not fall onto your feet and danger yourself. If you go to use a deep fat fryer, make sure your chips are dry before putting them into the oil as if they're not dry, they will cause the oil to ignite and might cause a third-degree burn to appear and stop the oil from splashing. Before putting the food into the fryer make sure to put the food down slowly because if it not it can cause a burn again and become even more dangerous.

Waste

To reduce waste, you can use the potato peelings into crisps, vegetable broth base, etc. for the access chicken bones you can use them for stocks soup. If you have extra meat sauce you can use that for a jacket potato, pasta filling or even pie fillings. If you make lasagne for a single serving, then it can reduce waste of it in its own as it is enough for one person. As this can reduce waste and ensure you don't overspend on money on too much ingredients. To prevent even more waste, you can weigh the exact amount of ingredients you need. For example, for my pasta dough on the lasagne I calculated exactly 50g of flour so they're wouldn't be any leftovers. I also only used the required amount of ingredients to prevent an actual waste issue. It could help with buying seasonal foods instead of buying the ingredients all together because if you did the ingredients you don't use until winter or the ingredients you don't use until summer could go off and not be in good condition to be eaten.

Production

To help with my dish production I used a time plan which helped me create my way of reducing the time of how long things took and know what to do next as it helped with health and safety. It also helped me have enough time and not go over the time limit we had because I knew exactly what to do. I was able to keep to my time plan with no problems as it was all in favour of being kept on time and in the way it helped with reducing time. If I had any problems during the practical, I would immediately change the way of doing what I was doing and get onto doing the right thing because if I didn't, I would've gone over the time limit that was set. I was able to keep to this plan when creating my dishes. I followed all the steps on my time plan ensuring I keep an eye on time, to prevent rushing and presenting my meals later than planned. So, in the 3 hours that I had the time plan I had helped me run through it smoothly with no gaps or running over and helped me stay organised and calm as I knew my exact plan and didn't have to worry about what to next.

Presentation

It's important I demonstrated appropriate presentation when serving my dishes. As for my adult I made sure that my portions was served as a single sized portion as if I didn't it would've produced waste, it doesn't have to be fancy, but I put a green leaf on top of the lasagne to create some more colour into it. I made sure to make my garnishes and decorations appropriate for the adult age range. For the child I ensured that my meal was appropriately served to fit the child's age range, so it didn't over fill the child. To make my children meal look more appetising I ensured that I made the salad look more appetising for the child to eat it because if it doesn't look nice in a child's eyes it will not be eaten. For the nuggets I put them in a basket and my chips in a basket so it would look more appetising for them. Also, I made sure to start with the process of acquiring raw ingredients and making them ready for consumption. Which means I put my chicken into the fridge wrapped in cling foil and my raw meat wrapped in cling foil. I made sure I knew the proper temperatures to cook my meals with.

Improvement

If I was to make these dishes again, I would add some spice in the crumbs to make the chicken has some spice into it and I would add some spice to my bolognese sauce, so it wouldn't be as plain as it is. I would also change the way my garlic focaccia was cut or even add more garlic to it. If I had the chance to do the task again, I wouldn't choose another dish to make, I would keep to my original dishes as they are a good balanced meal because chicken nuggets and chips is a good meal for children because this is what children love, and the chicken will help with having healthier bones. For my lasagne I would keep the same because it helps with health and wellbeing with adults will need to take care of themselves. I would keep the same if I was to make another dish, I would change the salad on a kid's meal to some beans as salad is not very appetising to some children and might be wasted. For my adult meal I would not add additional accompaniments as there is more than enough on the plate to accommodate the adults needs.

