

# WJEC EDUQAS

## level 1 /2 Hospitality and Catering Unit 2 MOCK

Name

Group

**Performance bands**

Learning Outcome	Assessment criteria	Level 1 pass	Level 2 pass	Level 2 merit	Level 2 distinction
<b>LO1</b> Understand the importance of nutrition in planning menus	<b>AC1.1</b> Describe functions of nutrients in the human body	Outlines the functions of a limited range of nutrients in the human body.	Describe functions of a range of nutrients in the human body.	Describe clearly functions of a range of nutrients in the human body..	
	<b>AC1.2</b> Compare nutritional needs of specific groups	Outlines nutritional needs of two specific groups. Comparison may be implied.	Compares nutritional needs of two specific groups giving some reasons for similarities and differences.	Compares nutritional needs of two specific groups giving clear reasons for similarity and differences.	Compares nutritional needs of two specific groups giving clear and in depth reasons for similarity and differences.
	<b>AC1.3</b> Explain characteristics of unsatisfactory nutritional intake	Outlines key characteristics of unsatisfactory nutritional intake. Evidence is mainly descriptive with limited reasoning.	Explains characteristics of unsatisfactory nutritional intake. There is evidence of reasoning and relating characteristics to specific groups.	Explains with clear reasoning characteristics of unsatisfactory intake of a range of nutrients. Explanations are related to specific groups.	
	<b>AC1.4</b> Explain how cooking methods impact on nutritional value	Outlines how cooking methods impact on nutritional value. Evidence is mainly descriptive with limited reasoning.	Explains how a range of food production methods impact on nutritional value. Reasoned statements are presented.		

**Performance bands**

<b>Learning Outcome</b>	<b>Assessment criteria</b>	<b>Level 1 pass</b>	<b>Level 2 pass</b>	<b>Level 2 merit</b>	<b>Level 2 distinction</b>
<b>LO2</b> Understand menu planning	<b>AC2.1</b> Explain factors to consider when proposing dishes for menus	Outlines factors to consider when proposing dishes for menus. There may be some omissions.	Explains factors to consider when proposing dishes for menus. Explanation has some reasoning.	Explains factors to consider when proposing dishes for menus. Explanations are clear and well-reasoned.	
	<b>AC2.2</b> Explain how dishes on a menu address environmental issues	Outlines how dishes on a menu address environmental issues. There may be some errors.	Explains how dishes on a menu address environmental issues. Explanation includes reasoning.		
	<b>AC2.3</b> Explain how menu dishes meet customer needs	Outlines how menu dishes meet customer needs in general terms. Evidence is mainly descriptive with limited reasoning.	Explains how menu dishes meet needs of specified customers. Some evidence may be in general terms and descriptive. Explanation includes reasoned statements.	Explains how menu dishes meet needs of specified customers. Explanations are comprehensive and credible.	
	<b>AC2.4</b> Plan production of dishes for a menu	Plan outlines key actions required with some omissions and errors that require amendment. There is limited consideration of contingencies.	Plan has some detail and is mainly appropriate but may have some omissions and errors that require amendment. There is some consideration of contingencies.	Plan has detail with some minor omissions. Plan does not require changes to achieve planned outcome, but would benefit from minor amendments. There are well considered contingencies.	Plan is comprehensive and detailed, incorporating well considered contingencies for most situations.

AC 1.1 Describe the functions of nutrients in the human body  
Refer to AC1.1 to see what the criteria for marking is

Protein

Fat

Carbohydrates

Water

Fibre

Vitamin A

Vitamin B  
group

AC 1.1 Describe the functions of nutrients in the human body  
Refer to AC 1.1 to see what the criteria for marking is

Vitamin C

Vitamin D

Vitamin E

Iron

Calcium

Sodium

AC1.2 Compare the nutritional needs of specific groups  
Refer to AC1.2 for marking criteria- different needs and similarities

Group 1	Group 2
Protein	
Carbohydrates-sugars and starches	
Fats	
Vitamins and minerals	

## AC1.2 Compare the nutritional needs of specific groups

Group 1	Group 2
Different needs and similarities	

AC 1.3 Explain the characteristics of unsatisfactory nutritional intake

Deficiency

Excess

Protein

Fat

Carbohydrates

Water

Fibre

Vitamin A

Vitamin B  
group



AC 1.3 Explain the characteristics of unsatisfactory nutritional intake

Deficiency

Excess

Vitamin C

Vitamin D

Vitamin E

Iron

Calcium

Sodium

## AC 1.4 Explain how cooking methods impact on nutritional value

Boiling,

Steaming

Poaching

Baking

Grilling

Stir frying

Roasting

## AC 2.1 Explain factors to consider when proposing dishes for menus

Customer  
base

Type of  
provision

Price of  
menu

Time of  
year

Skills of  
kitchen  
and  
serving  
staff

Equipment  
available

Time  
available

## Proposal of dishes to cook – Analysis

Name of dish				
Side dishes to be served with it				
Describe the appearance of the dish (include garnishes)				
Describe the flavours of the dish				
Describe the textures of the dish				

## Proposal of dishes to cook – reasons for choice

Name of dish				
Side dishes to be served with it				
Reasons I chose this dish				
Tick the dishes you will actually make in the practical exam				

## AC 2.2 Explain how dishes on a menu address environmental issues

	Name of dish 1 here	Name of dish 2 here
Preparation and cooking methods		
Using ingredients		
Packaging of food		
Conservation of energy and water		
3Rs Reduce Reuse Recycle		
Food sustainability and provenance		

## AC 2.3 Explain how dishes on a menu meet customer needs

	Name of dish 1 here	Name of dish 2 here
Give the sources of the nutrients in the dish and compare to a balanced diet		
Organoleptic Describe the taste, texture appearance aroma of the dishes and how they will appeal		
Explain how you will keep costs reasonable Portion control		

# AC 2.4

## Plan production of dishes

- Sequencing
- Timing
- Mise en place
- Cooking
- Cooling
- Hot holding
- Completion
- Serving – presenting as to be served



# Writing a time plan

Mise en place		
Time	Process	Special points

Put the time you start here

Write in the steps for the mise en place here –not everything in one step

eg the temperature you pre heat the oven to , use antibacterial hand soap

# Writing a time plan

Main production		
Time	Process	Special points

Put the time you start here

Write in the steps for making the dishes here

Eg equipment you would use, food hygiene and safety points

9.40	<p>Collect a mixing bowl and begin to combine the cream cheese, tomato puree and chopped tomatoes for the chicken breast filling. Once mixed place in the centre of the chicken breast and gently fold in the sides and slowly roll it up ensuring the filling does not leak out. Place three rashers of bacon on a clean board and roll the bacon around the breast. Place on a baking tray.</p> <p>Remove the sponge from the oven once it is golden brown and ensure it is baked thoroughly, allow to cool.</p> <p>Wash and slice vegetables and place into boiling water for seven minutes, drain and refresh.</p>	<p>Wash hands after handling raw meat.</p> <p>Use oven gloves, place on cooling rack.</p> <p>Put peelings in the bin.</p>
10.00	<p>Put the chicken breast to the oven and cook for 25-35 minutes 200 degrees.</p> <p>Remove from the tray, get a sponge.</p> <p>Wash and clear area and</p> <p>Whisk egg whites in a bowl and whisk until meringues. Place in</p>	<p>Set the timer</p> <p>Ensure work area and cutter are clean.</p> <p>Ensure bowl is clean and dry or meringue won't work. Make sure no yolk in mix.</p>

Colour code each dish on the timeplan so you know which you are working on

<p><b>AC2.4</b> Plan production of dishes for a menu</p>	<p>Plan outlines key actions required with some omissions and errors that require amendment. There is limited consideration of contingencies.</p>	<p>Plan has some detail and is mainly appropriate but may have some omissions and errors that require amendment. There is some consideration of contingencies.</p>	<p>Plan has detail with some minor omissions. Plan does not require changes to achieve planned outcome, but would benefit from minor amendments. There are well considered contingencies.</p>	<p>Plan is comprehensive and detailed, incorporating well considered contingencies for most situations</p>
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- The plan should be detailed enough that someone else could work from your plan and make the dishes as you intended
- Dovetailing – make sure that the sequence is logical and that it shows you are dovetailing ie while something is cooking, you are working on something else
- Contingencies- in the special points note any contingencies ie what you will do if it doesn't go quite right eg “ if the cake is not cooked, leave it in the oven and check again in 5-10 mins”

# Writing a time plan

Finishing and serving		
Time	Process	Special points

Put the time you start here

Write in the steps for finishing off the dishes and how you will serve them, decorating, garnishing

Give the plates, bowls etc that you will use and how you controlled portion size









