

Food and Culinary Skills 2

HE

Statement Code no: 6

Student:

Class:

At Junior Certificate level the student can:

Plan, prepare, cook and present simple, well-balanced meals for individuals and groups

Date Commenced: / /

Date Awarded: / /

Learning Targets - This has been demonstrated by your ability to:

- | | | |
|----|---|--|
| 1 | Be aware of "No!" list of nutrients found in foods | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 2 | List the five food groups / know the pyramid | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 3 | Prepare a meal for an individual / couple | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 4 | Prepare a meal for a group of three or more | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 5 | Plan a meal for two of the following four groups of people: children, teenagers, vegetarians, elderly people | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 6 | Evaluate finished dishes for individuals / groups | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 7 | Know the healthy eating guidelines | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 8 | Compare a convenience product with the homemade equivalent | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 9 | Examine a range of food labels in relation to healthy eating | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 10 | Produce a range of dishes (using meat, vegetables, fruit, milk and cheese) from the shelves of the food pyramid | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 11 | Show a basic knowledge of theory related to above dishes (i.e. effects of heat on milk, meat, cheese / the percentage of nutrients in each dish) groups | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 12 | Plan a meal for an individual keeping a balance between the five food groups | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |

Refer also to: English, Maths, Physical Education, Science, CSPE, ESS

Work begun ☐ ☐ ☐ | Work in progress ☐ ☐ ☐ | Work completed ☐ ☐ ☐