

2020



Practical Activity 5 (10% of total assessment)

Healthy Restaurant Meal on a Budget

Performance Standards for Stage 2 Food and Hospitality

	Investigation and Critical Analysis	Problem-solving	Practical Application	Collaboration	Evaluation
A	<p>In-depth investigation and perceptive critical analysis of contemporary trends and/or issues related to food and hospitality.</p> <p>Perceptive analysis of information for relevance and appropriateness, with appropriate acknowledgment of sources.</p> <p>Highly effective application of literacy and numeracy skills, including clear and consistent use of appropriate terminology.</p>	<p>Astute identification and discussion of factors involved in problem-solving related to the food and hospitality industry.</p> <p>Sophisticated and well-informed decision-making about problem-solving and implementation strategies.</p> <p>Clear and very relevant justification of decisions about problem-solving and implementation strategies.</p>	<p>Ongoing and productive implementation of appropriate techniques, and sophisticated generation and maintenance of quality control in preparing and serving food.</p> <p>Productive and efficient organisation and management of time and resources.</p> <p>Logical selection and application of the most appropriate technology to prepare and serve food.</p> <p>Sustained and thorough application of safe food-handling and management practices.</p>	<p>Initiation of ideas and procedures, display of leadership within the group, and proactive and inclusive response to members of the group.</p> <p>Proactive and focused involvement in group activities and discussions to support healthy eating practices.</p>	<p>Insightful evaluation of the processes and outcomes of practical and group activities, including their own performance.</p> <p>Sophisticated appraisal of the impact of technology, and/or sustainable practices or globalisation, on the food and hospitality industry.</p> <p>Insightful explanation of the connections between research and/or planning, and practical application.</p> <p>In-depth evaluation of contemporary trends and/or issues related to food and hospitality in a variety of settings.</p>
B	<p>Detailed investigation and well-considered critical analysis of contemporary trends and/or issues related to food and hospitality.</p> <p>Well-considered analysis of information for relevance and appropriateness, with appropriate acknowledgment of sources.</p> <p>Effective application of literacy and numeracy skills, including mostly clear use of appropriate terminology.</p>	<p>Well-considered identification and discussion of factors involved in problem-solving related to the food and hospitality industry.</p> <p>Well-informed decision-making about problem-solving and implementation strategies.</p> <p>Mostly clear and relevant justification of decisions about problem-solving and implementation strategies.</p>	<p>Mostly productive implementation of appropriate techniques, and well-considered generation and maintenance of quality control in preparing and serving food.</p> <p>Mostly productive organisation and management of time and resources.</p> <p>Mostly logical selection and application of appropriate technology to prepare and serve food.</p> <p>Capable application of safe food-handling and management practices.</p>	<p>Initiation of some ideas and procedures, some display of leadership within the group, and thoughtful and active response to members of the group.</p> <p>Active and thoughtful involvement in group activities and discussions to support healthy eating practices.</p>	<p>Thoughtful evaluation of the processes and outcomes of practical and group activities, including their own performance.</p> <p>Well-informed appraisal of the impact of technology, and/or sustainable practices or globalisation, on the food and hospitality industry.</p> <p>Well-considered explanation of the connections between research and/or planning, and practical application.</p> <p>Well-informed evaluation of contemporary trends and/or issues related to food and hospitality in different settings.</p>
C	<p>Competent investigation and some considered critical analysis of contemporary trends and/or issues related to food and hospitality.</p> <p>Considered analysis of information for relevance and appropriateness, with generally appropriate acknowledgment of sources.</p> <p>Generally effective application of literacy and numeracy skills, including competent use of appropriate terminology.</p>	<p>Considered identification and discussion of some factors involved in problem-solving related to the food and hospitality industry.</p> <p>Informed decision-making about problem-solving and implementation strategies.</p> <p>Generally relevant justification of decisions about problem-solving and implementation strategies, with some clarity.</p>	<p>Competent implementation of appropriate techniques, and considered generation and maintenance of quality control in preparing and serving food.</p> <p>Competent organisation and management of time and resources.</p> <p>Appropriate selection and application of technology to prepare and serve food.</p> <p>Competent application of safe food-handling and management practices most of the time.</p>	<p>Some initiative with ideas or procedures, occasional leadership within the group, and generally active response to members of the group.</p> <p>Active involvement in group activities and discussions to support healthy eating practices.</p>	<p>Considered evaluation of the processes and outcomes of practical and group activities, including their own performance.</p> <p>Informed appraisal of the impact of technology, and/or sustainable practices or globalisation, on the food and hospitality industry.</p> <p>Considered explanation of the connections between research and/or planning, and practical application.</p> <p>Informed evaluation of contemporary trends and/or issues related to food and hospitality in different settings.</p>
D	<p>Some investigation and basic description of one or more contemporary trends or issues related to food and hospitality.</p> <p>Some consideration of information for relevance or appropriateness, with some inconsistent acknowledgment of sources.</p> <p>Inconsistent application of literacy and numeracy skills, with use of some terminology that may be appropriate.</p>	<p>Superficial identification and discussion of some factors involved in solving basic problems related to the food and hospitality industry.</p> <p>Some basic and inconsistent decision-making about problem-solving and/or implementation strategies.</p> <p>Some description and partial justification of one or more problem-solving and/or implementation strategies.</p>	<p>Basic implementation of one or more techniques, and some basic consideration of the generation and maintenance of quality control in preparing and serving food.</p> <p>Inconsistent organisation and management of time and resources.</p> <p>Identification and some application of technology that may be appropriate to prepare or serve food.</p> <p>Some endeavour to apply safe food-handling and management practices some of the time.</p>	<p>Some participation within the group, and some response to members of the group. Participation is often passive.</p> <p>Some basic involvement in group activities or discussions to support healthy eating practices.</p>	<p>Basic consideration of the processes and/or outcomes of practical and group activities, which may include their own performance.</p> <p>Superficial consideration of the impact of technology, sustainable practices, or globalisation on the food and hospitality industry.</p> <p>Some basic description of one or more connections between research and/or planning, and practical application.</p> <p>Superficial reflection on one or more contemporary trends or issues related to food and hospitality, tending towards basic description.</p>
E	<p>Limited investigation or basic description of one or more contemporary trends or issues related to food and hospitality.</p> <p>Limited identification or acknowledgment of information that may have some relevance.</p> <p>Attempted application of literacy and numeracy skills, with attempted use of some basic terminology that may be appropriate.</p>	<p>Identification of one or more factors involved in solving basic problems related to the food and hospitality industry.</p> <p>Attempted decision-making about a problem-solving or implementation strategy.</p> <p>Attempted description of one or more problem-solving or implementation strategies.</p>	<p>Attempted development or implementation of a technique, and some awareness of the need for quality control in preparing or serving food.</p> <p>Limited organisation or management of time and resources.</p> <p>Limited identification or application of technology that may be appropriate to prepare or serve food.</p> <p>Emerging awareness of safe food-handling and management practices.</p>	<p>Some attempted participation in one or more aspects of group work, and occasional response to members of the group.</p> <p>Attempted involvement in one or more group activities or discussions to support healthy eating practices.</p>	<p>Attempted consideration of one or more processes or outcomes of a practical or group activity, which may include their own performance.</p> <p>Attempted description of an impact of technology, sustainable practices, or globalisation on the food and hospitality industry.</p> <p>Limited awareness of any connections between research and/or planning, and practical application.</p> <p>Some recognition of one or more contemporary trends or issues related to food and hospitality.</p>

Action Plan – Chloe Robson – Healthy Restaurant Meal on a Budget

Task:

The task is to create two serves of a healthy restaurant quality meal showcasing a contemporary healthy food trend within a \$20 budget.

Factors:

The dish must be of restaurant quality and therefore utilise quality ingredients to ensure maximum taste. Appropriate serving size and contemporary plating techniques are also an important consideration to showcase features of the dish.

As the dish must showcase a contemporary healthy food trend, this entails featuring on trending healthy ingredients such as cauliflower¹ and other plant-based foods.² Vegetarian and vegan diets are also becoming increasingly popular influencing the hospitality industry,³ so reflecting these trends in the dish is essential.

As consumers are becoming more health conscious, the demand for healthy food is increasing.⁴ Therefore, incorporating more raw fruit, vegetables, and nutritious ingredients must be considered to maintain consumer satisfaction. This should also be reflected in the cooking style with consumers preferring oven baked meals as opposed to deep fried.⁵

It is necessary to keep within a \$20 budget for the two serves; therefore, it is important to use low cost ingredients such as grains and in season fruits and vegetables.

Decision:

The decision is to prepare a cauliflower steak, and pumpkin puree garnished with pomegranate salsa.

Justification:

The chosen dish reflects a contemporary vegan diet featuring plant-based produce with no animal products. Within the pomegranate salsa, honey will be substituted for rice malt syrup to uphold vegan standards while maintaining the sweetness.

Specifically, cauliflower, which is the main element of the dish, is high in nutrients and fibre which is important for digestive health.⁶ The cauliflower will also be roasted in the oven as this a healthier option than frying. Pumpkin, another feature of the dish, is high in vitamins specifically vitamin A which helps fight infections and strengthens immune systems.⁷ As the dish is vegan, it features many other plant-based ingredients making it an overall healthy option for consumers.

Another benefit of following a vegan diet means there is no meat, so the overall cost of the dish is low. Cauliflower and pumpkin are in season vegetables⁸ further reducing costs which allows for specialty ingredients such as pomegranate to be purchased.

¹ Steingrube, A, (2020), *Will Cauliflower Make the Leap from Food Trend to Food Staple* [online] Available at: <https://goodtimes.sc/this-weeks-issue/cauliflower-food-trend-staple/> (Accessed 18th August, 2020)

² Australian Good Food Guide Publishing, (2020), *Top 20 Food Trends for 2020* [online] Available at: <https://www.agfg.com.au/article/top-20-food-trends-for-2020> (Accessed 18th August, 2020)

³ Le Cordon Bleu. (2020), *How Modern Vegetarianism Is Influencing High-End Restaurant Menus*. [online] Available at: <https://www.cordonbleu.edu/news/how-vegetarianism-is-influencing-restaurant-menus/en> [Accessed 18th August, 2020].

⁴ Wiley, C, (2019), *Consumer Say They Want to Eat Healthy*, [online] Available at: <https://foodindustryexecutive.com/2019/03/consumers-say-they-want-to-eat-healthy/#:~:text=Ninety%2Dthree%20percent%20of%20consumers,survey%20of%20almost%201%2C600%20consumers>. (Accessed 18th August, 2020).

⁵ Tarafdar, T (2015) *Why Is Baking a Healthier Option than Frying* [online] Available at: <https://www.thehealthsite.com/fitness/why-is-baking-healthier-than-frying-ta1214-254972/> (Accessed 19th August, 2020)

⁶ Elliot, B (2017) *The Top 8 Health Benefits of Cauliflower* [online] Available at: <https://www.healthline.com/nutrition/benefits-of-cauliflower#section2> (Accessed 18th August, 2020).

⁷ Raman, R (2018) *9 Impressive Health Benefits of Pumpkin* [online] Available at: <https://www.healthline.com/nutrition/pumpkin> (Accessed 19th August)

The pumpkin puree will be utilised as a contemporary plating technique creating a 'paint stroke' look, contrasting with the cauliflower steak which will be placed on top. Each serve will feature one cauliflower steak maintaining consistent and appropriate serving sizes. The pomegranate salsa will also feature as a colour contrast ensuring the restaurant quality look.

Implementation Strategies:

To guarantee a successful practical, it is necessary to ensure detailed mise en place. Prior to the practical, a food order will be completed to ensure prompt arrival of ingredients. As pomegranates are not currently in season, it was necessary to find a frozen alternative. A costing table has been created to ensure the dish is within the budget, coming to a total of \$12.87 (see appendix.1). Research is also necessary to ensure the dish meets contemporary food trends, specifically vegan dietary requirements.

Word Count: 499

Appendix 1.

INGREDIENTS	REQUIRED MEASURE		PURCHASE UNIT	COST	
	Recipe Quantity	gms/mls	gms/mls	Unit Cost \$	Total Cost \$
Enter ingredients below	1/2 C, t,T	100	500	2.5	
Pumpkin		300	900	\$2.70	\$0.90
Shallots		42	200	\$2.60	\$0.55
Lemon		1	1	\$0.70	\$0.70
Cauliflower		1	1	\$2.90	\$2.90
Parsley		5	15	\$3.00	\$1.00
Cumin		5	33	\$2.05	\$0.31
Olive Oil		85	1000	\$7.00	\$0.60
Cranberries		50	283	\$6.00	\$1.06
Balsamic Vinegar		20	500	\$3.00	\$0.12
Salt		15	1000	\$0.90	\$0.01
Rice Malt Syrup		20	500	\$3.80	\$0.15
Black Pepper		5	50	\$2.95	\$0.30
Garlice Powder		5	60	\$2.40	\$0.20
Paprika		5	38	\$2.05	\$0.27
Nuttelex		30	500	\$3.50	\$0.21
Pommegranate		45	75	\$6.00	\$3.60
		Total Cost			\$12.87
		No. Serves			2
		Cost per serve			\$6.44

Stage 2: Food and Hospitality

Assessment Type 1: Practical Activity 5 – Restaurant Meal

Student Evidence

Complete this pro forma to document your Practical Activity using dot points and/or photographs with captions.

(Do not exceed this double-sided page.)

Practical Application	Student Response
<input type="checkbox"/> Implement appropriate techniques (PA1)	
<input type="checkbox"/> Generate and maintain quality control in preparing and serving food (PA1)	
<input type="checkbox"/> Organise and manage time (PA2)	<p>To ensure the food arrived for the day of the practical the food order was handed in on time.</p> <p>The pumpkin and cauliflower <u>was</u> prepared first and while it was cooking the pomegranate salsa was prepared to ensure efficient use of time.</p>
<input type="checkbox"/> Organise and manage resources (PA2)	<p>All ingredients were assembled onto the bench space before beginning the practical. This allowed efficient use of time as all ingredients were on hand at ready for use when needed.</p> <p>Ensuring necessary equipment was available before the day such as a food processor helped the day run smoothly</p>
<input type="checkbox"/> Select and apply appropriate technology to prepare and serve food (PA3)	
<input type="checkbox"/> Apply safe food-handling and management practices (PA4)	<p>All vegetables were washed prior to use to ensure they were free of any dirt and germs from handling.</p> <p>Following appropriate food-handling practices (tying up hair, no jewelry, wearing an apron, washing hands etc.)</p> <p>Keeping all utensils and worksurfaces clean. In between preparing the cauliflower and the pomegranate salsa the bench was wiped to maintain tidiness.</p> <p>Correctly storing all ingredients to ensure freshness</p>

Photographic evidence of learning: (Describe the learning depicted in the photo/s.)



The above pictures show my workspace at the beginning of the practical (left) with all ingredients placed on the bench. The picture on the right shows my workspace halfway through as I was about to make the salsa have tidied up the mess from the pumpkin and cauliflower.

This picture to the left shows the food processor in use.



Final Practical:



Healthy Restaurant Meal Evaluation – Chloe Robson

Task:

The task was to create two serves of a healthy restaurant quality meal showcasing a contemporary healthy food trend.

Evaluation of the Decision:

Research found the plant-based diet and veganism to be current contemporary trends as well as identifying specific trending vegetables such as cauliflower. The chosen dish featured a cauliflower steak and pumpkin puree, garnished with a pomegranate salsa. The dish showcased only plant-based ingredients and no animal products, making it suitable for vegans and meeting the contemporary specifications for the dish. While the original recipe contained honey, which is an animal product, research was utilised to find a suitable substitute; namely rice-malt syrup. This was appropriate as rice-malt syrup is a similar texture and sweetness to honey causing no effect to the dish.

To meet restaurant quality standards, a variety of textures, flavours and colours were utilised; therefore, it was decided to garnish the steak with a pomegranate salsa. This provided a vibrant red colour in contrast to the white of the cauliflower and also added a tart flavour. While the puree was smooth, the salsa was crunchy showcasing contrasting textures which also helped maintain restaurant standards.

While many cauliflower steaks are cooked in the frypan using much oil, research revealed other cooking methods such as oven-baked which is a healthier alternative. This option was preferable as it used less oil and also allowed for better time management as other tasks could be completed while the cauliflower was in the oven.

Prior research provided knowledge regarding how to cut a cauliflower to maximise the number of 'steaks' from one head. Rather than cutting the cauliflower down the middle, it was more efficient to cut it off to the side to allow three complete steaks from one head also minimising potential food waste.

Own Performance:

A food processor was used to puree the pumpkin however as the food processor was so large in comparison to the amount of pumpkin it was necessary to continually scrape down the sides of the processor for it to be effective. However, the puree remained lumpy in some areas. It could have been beneficial to use a nutribullet which is a much more confined space allowing for all the pumpkin to be pureed evenly. Alternatively, a sieve could also have been used to eliminate any chunks.



The dish was presented on a black plate to contrast the orange of the pumpkin and the white of the cauliflower; however, the pomegranate did not stand out as well. It may have been more aesthetic to leave all the pomegranate on top of the cauliflower rather than spreading it out across the whole plate, so the eye focused on the cauliflower as the statement piece of the dish.

Conclusion:

Overall, the dish was a great success meeting contemporary vegan requirements due to the plant-based nature of the dish and substitution of all animal products. Both the savoury nature, style of cooking and nutritious ingredients enabled the dish to be classified as healthy, clearly meeting task requirements.

Word Count: 500

Stage 2 F&H Observation Checklist - Practical Activity 5: Restaurant Meal

PA 2 – Organisation and management of time and resources

Food order completed accurately and on time

A B C D E

Recipe meets the needs of the practical

A B C D E

Mise en place – resources organised

A B C D E

Food prepared in time available

A B C D E

All equipment left clean and returned to its appropriate place of storage

A B C D E

PA 4 – Safe food handling and management practices

Follows and maintains safe food handling practices

A B C D E

Comments:

Kept work area clean and organised throughout.

Cooked and prepared aspects of the dish such as roast the pumpkin at the start of the practical to ensure the puree could be made in a timely manner.

Multitasked well, creating pomegranate salad as the other aspects of the dish cooked.

Time the cooking of the cauliflower steaks well to avoid mushiness or over cooking.

Student allowed enough time to organise appropriate plates and present the meal effectively.

The dish was appropriate for the task with the student creating a dish in line with the contemporary plant based diet.

Overall Grade

A B C D E