

Section 14

Group-work Activities



The worksheets in this section are designed to give you an opportunity to apply ALL the skills you have learned in this Culinary Operations, 3N0549 programme.

These are listed in the Manual Introduction.

Worksheet 1 – Practical cookery session: Planning, evaluating and costing a breakfast meal



This worksheet needs to be completed over three stages:

- ✓ Stage 1: Planning
- ✓ Stage 2: Evaluating
- ✓ Stage 3: Costing

Stage 1: Planning

List the stages required to create the work plan for preparing and serving a full breakfast meal.

Timetable	Task	Time allotted
Total time required :		

List all the items of equipment you need.

Equipment required	Purpose

How many people are in the team preparing the breakfast meal?

List each person's name and their responsibilities.

Name	Responsibility

Stage 2: Evaluating

To carry out this evaluation activity you will need to evaluate (a) the finished breakfast meal and (b) your work plan.



(a) Do you think the breakfast was nutritious?

Yes

No

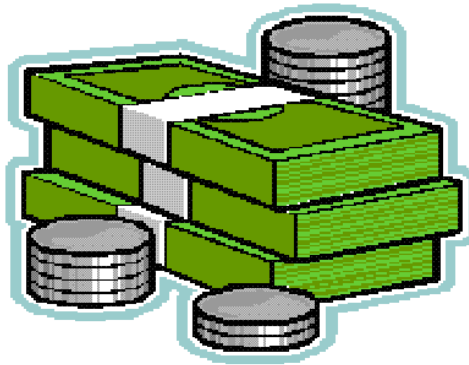
Give reasons for your answer:

Was this breakfast tasty? Explain.

How did the breakfast look? Describe.

(b) Was your work plan used efficiently? Give examples.

Stage 3: Costing



In this costing activity you will be required to carry out three task.

1. *List each ingredient needed for the breakfast and the cost of each ingredient.*
2. *List also the type of fuel/energy used and its cost.*
3. *Calculate the total cost.*

Ingredient	Cost of ingredient
	€
Total cost of ingredients	€
Fuel/energy	Cost of fuel/energy
	€
Total cost:	€

Worksheet 2 - Cross-outcomes group project for Culinary Operations, 3N0549 (and/or Nutrition and Healthy Options, 3N0887)



1. In pairs or groups choose two methods of cooking you will use for this project.

Method 1: _____

Method 2: _____

2. Choose a dish/meal suitable for this method/s of cooking that you will prepare.

3. Investigate and list the safety procedures involved in this method of cooking for preparing your chosen meal.

4. Initiate a food safety management system (FSMS) and record it from delivery to service while you are preparing the meal.

System element	Record/comment

5. List the personal hygiene requirements for the preparation and service of the chosen meal.

Personal hygiene requirements	Purpose

6. List the ingredients, costing, equipment and time plan required for the chosen meal.

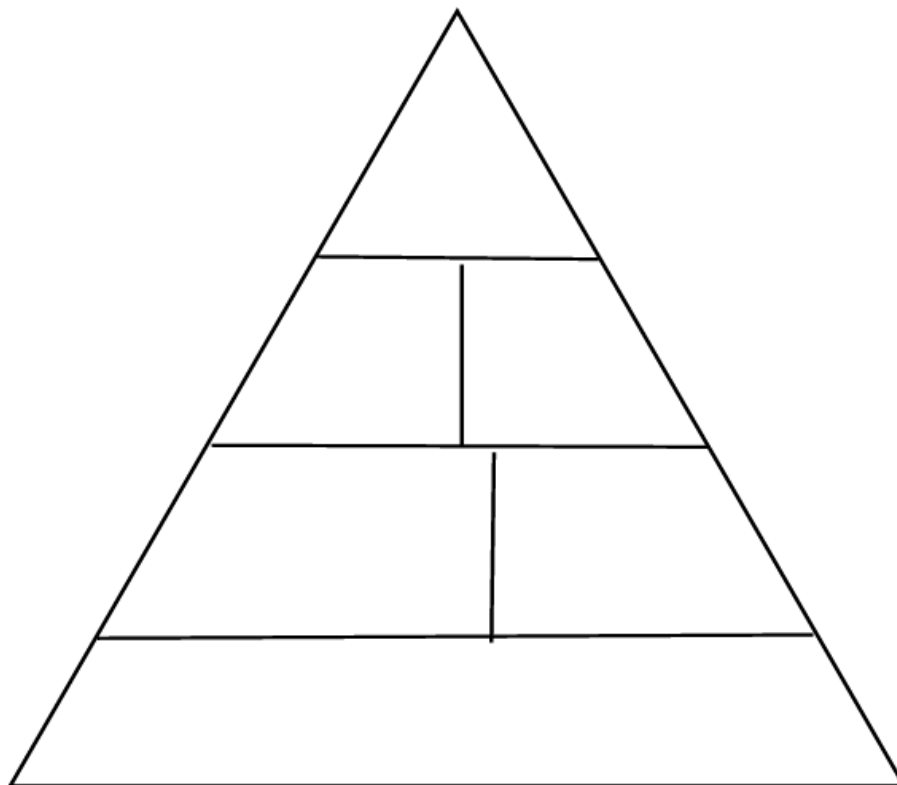
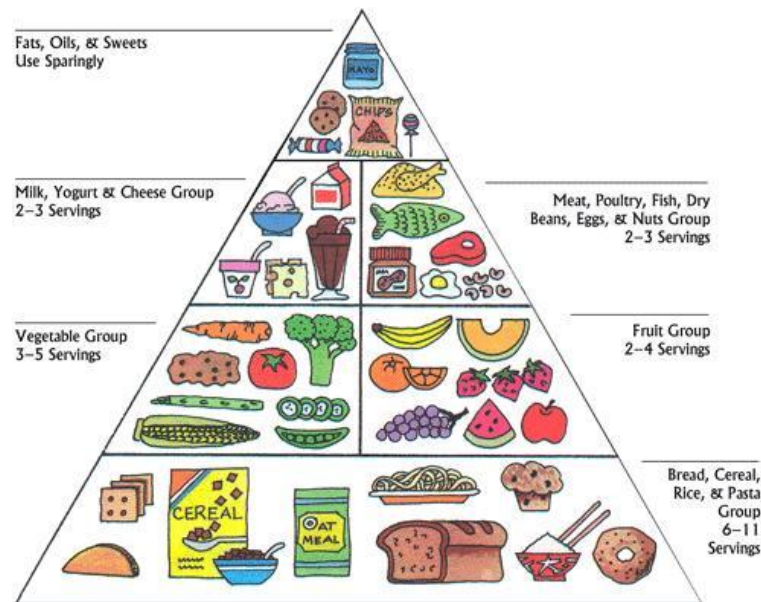
Ingredient	Cost of ingredient
Fuel/energy	Cost of fuel/energy
Total cost:	

Equipment needed for the recipe	Purpose



Time Plan	
Task	Time allotted
Total time needed:	

7. Use the blank food pyramid on the next page to detail the nutritional content of your chosen meal/dish. The diagram below will help you.



Name of meal: _____

8. Prepare, cook and serve the meal. Clean up fully afterwards.

9. As a team, evaluate the dish/meal under the headings of Colour, Texture, Smell, Appearance, Taste and Nutritional Value.

Sense aspect of dish/meal	Rating (from 1 to 10)
Colour -	
Texture-	
Smell-	
Appearance-	
Taste-	
Nutritional value-	
Total rating	

10. Invite another group to evaluate the meal using the same headings .

Sense aspect of dish/meal	Rating (from 1 to 10)
Colour-	
Texture-	
Smell-	
Appearance-	
Taste-	
Nutritional value -	
Total rating by invited group	

11. Record and give a brief explanation of the culinary terms relevant to this meal/cooking principle/ dish.

Culinary term	Explanation

12. Write a description of your role and responsibility in this project.

13. Write a short report on your experience during this project.

14. Give a critical review of the project.

Please include points on, what you thought was good, what you think you would do differently, what you can do now that you couldn't do before, how the team worked together, other suggestions to make the course better.
