



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

CONSUMER STUDIES (FOOD PRODUCTION)

GUIDELINES FOR PRACTICAL ASSESSMENT TASKS

GRADE 12

2020

These guidelines consist of 29 pages.

THE PRACTICAL ASSESSMENT TASK FOR CONSUMER STUDIES FOOD PRODUCTION

1. INTRODUCTION

The 17 Curriculum and Assessment Policy Statement subjects which contain a practical component all include a practical assessment task (PAT). These subjects are:

- **AGRICULTURE:** Agricultural Management Practices, Agricultural Technology
- **ARTS:** Dance Studies, Design, Dramatic Arts, Music, Visual Arts
- **SCIENCES:** Computer Applications Technology, Information Technology; Technical Sciences
- **SERVICES:** Consumer Studies, Hospitality Studies, Tourism
- **TECHNOLOGY:** Civil Technology, Electrical Technology, Mechanical Technology and Engineering Graphics and Design

A practical assessment task (PAT) mark is a compulsory component of the final promotion mark for all candidates offering subjects that have a practical component and counts 25% (100 marks) of the end-of-the-year examination mark. The PAT is implemented across the first three terms of the school year. This is broken down into different phases or a series of smaller activities that make up the PAT. The PAT allows for learners to be assessed on a regular basis during the school year and it also allows for the assessment of skills that cannot be assessed in a written format, e.g. test or examination. It is therefore important that schools ensure that all learners complete the practical assessment tasks within the stipulated period to ensure that learners are resulted at the end of the school year. The planning and execution of the PAT differs from subject to subject.

- During the practical assessment task the learner must demonstrate his/her knowledge and practical ability/skills to produce a variety of quality food products focusing on suitability for selling.
 - The practical assessment task for Consumer Studies for Grade 12 consists of two practical examinations of 3 hours each. Learners perform these practical examinations individually.
 - **Term 2: Practical examination 1**
Learners will make and present products selected for the micro-enterprise for the project in term 1.
 - **Term 3: Practical examination 2**
Learners will produce a variety of food products for selling, using a variety of skills and techniques.
- Learners will perform the practical examinations individually.

2. MARK ALLOCATION

- Each exam consists of 100 marks. The mark for the final practical assessment task is obtained by combining the marks for the two exams as indicated below:

Practical examination: term 2	100
Practical examination: term 3	100
Total	200 ÷ 2
Final mark for PAT	100

- The marks for the PAT are part of the end-of-the-year assessment.
- The province will provide two separate computerised mark sheets, one for SBA and one for the PAT. After the marks have been captured both mark sheets must be signed by the teacher, principal and moderator.

3. REQUIREMENTS FOR THE PRACTICAL EXAMINATIONS

Consumer Studies is a choice subject with five different practical options. If the school chooses to offer Consumer Studies as a subject and selects the Food Production practical option, the equipment and funds necessary to conduct the PAT, as well as the specified number of practical lessons are the responsibility of the school, as specified in the CAPS document.

Ensure the following:

- A suitable training kitchen with the necessary equipment must be available: a minimum of six stoves (gas/electric); a refrigerator; electricity/gas; sinks with running hot and cold water and equipment and utensils for preparation and cooking.
- A minimum of R80 to a maximum of R150 per learner for EACH of the two practical examinations is required to purchase ingredients to make the required products, besides the funding required for the SBA practical lessons.
- Divide the learners into groups of a maximum of 12. Twenty-four learners (two groups of 12 learners) can perform the examination on the same day, e.g. from 08:00 to 11:00 and from 12:00 to 15:00.
- The teacher needs time between the two sessions to prepare the classroom for the following group.
- Schools with large numbers of learners will need more than one day to complete this examination.

4. REQUIRED TIME FRAME

A time frame of THREE hours in total is required per examination. The 3 hours should be allocated as follows:

- **15 minutes** for learners to draw their tests, to settle down at the workstations allocated to them and to study the recipes and the sequence of work received. Learners may also start collecting ingredients and equipment during this time.
- **2 hours** for the preparation of the products under examination conditions.
- **45 minutes** for the teacher to do evaluation, check the workstations of the learners and complete the mark sheets.

5. SETTING THE PRACTICAL EXAMINATIONS

5.1 Practical examination 1 (term 2)

- This practical examination **must be slotted into the test and examination timetable in the second term.**
- Learners will make the products they chose for their micro-enterprises (project term 1). The production process and saleability of the products form an important aspect of this examination.

5.2 Practical examination 2 (term 3)

- This examination will take place on a date agreed upon with the moderator.
- During the practical examination in term 3 learners must demonstrate a variety of culinary skills. Assessment will focus on the production process and the saleability of the products.
- The teacher must set a **minimum of FOUR different tests** that are suitable for the available budget and other resources of the school.

- Each test must:
 - Have at least two products
 - Have a minimum skills-code weighting of 20 points
 - Include a variety of culinary skills and techniques
- Include ONE of the following PER TEST. A product selected for one test may not be repeated in another to ensure that a variety of skills and techniques are tested in each test.
 - Yeast product (baked or deep-fried)
 - Choux pastry
 - A gelatine dish (not commercial jelly)
 - Home-made short crust pastry for tarts, pies or quiche
 - Swiss roll
 - Soft meringue, such as lemon meringue pie or queen of bread pudding
 - Sugar cookery
- The second product can include any appropriate skill or technique as long as the total skills-code weighting adds up to a minimum of 20 points. The weighting of the two products will be equal or as equal as possible.
- All recipes must:
 - Be neatly typed in standard or action format
 - Have clear instructions in short sentences and easy language
 - Be small, 2–3 portions
 - Be suitable for the available budget and other resources of the school
 - Be suitable for selling
 - Include the expected taste, texture and appearance (desirable qualities) of each product
 - Be clearly illustrated

6. PREPARING FOR THE EXAMINATIONS

The teacher is responsible for the following:

- Set the dates for both examinations. Communicate these dates to the SMT of the school to ensure that they do not clash with other school activities. It should be slotted into the school timetable for tests/examinations.
- All the equipment must be in working order and the stoves have to be serviced and repaired before the start of the practical examinations.
- Photocopy the tests (recipes and work order) for the learners.
- Prepare mark sheets with the learners' names and their examination numbers.
- Provide the learners with all the recipes included in the four tests (not in test format) **one week (7 school days)** before the date of the examination of the first group of learners so that they can prepare. They should not know how the recipes will be combined in test format, nor should they know which recipes they will draw.
- Calculate the quantities to be purchased according to the number of learners in Grade 12.
- Plan the final shopping list with the estimated prices.
- Purchase the ingredients.
- Clean and tidy up the training kitchen.
- Put out the necessary equipment and ingredients. Learners should not run around during the examination looking for equipment in the storeroom, all equipment must be readily available at their workstations. Set up an ingredient table and an equipment table (if needed) for each session.

7. PERFORMING THE EXAMINATIONS

7.1 Practical examination 1 in term 2: 3 hours

- When entering the examination room, each learner will receive his/her recipes as selected for the project in term 1.
- Learners will have 15 minutes to study the recipes and the sequence of work before commencing with the practical examination.
- Learners performing the same test must be placed at different workstations, e.g. a learner performing test 1 could share a workstation and stove with a learner performing test 3.
- The products should be ready for assessment after 2 hours. Learners will **lose 2 marks for every 5 minutes late** up to a maximum of 20 marks.
- Only the teacher, the moderator and the learners may be in the room during the practical examination.
- The teacher must invigilate and assess the learners while they are performing the practical examination and he/she may NOT do any other work or assist the learners in any way.
- On completion of both products, learners may serve. Learners do not have to wait until the end of the 2-hour period.
- The teacher must mark practical examination 1 and record the marks.

7.2 Practical examination 2 in term 3: 3 hours

- When entering the examination room each learner will draw ONE of the four tests.
- Learners will have 15 minutes to study the recipes and the sequence of work before commencing with the practical examination.
- Learners performing the same test must be placed at different workstations, e.g. a learner performing test 1 could share a workstation and stove with a learner performing test 3.
- The products should be ready for assessment after 2 hours. Learners **will lose 2 marks for every 5 minutes late** up to a maximum of 20 marks.
- Only the teacher, the moderator and the learners may be in the room during the practical examination.
- The teacher must invigilate and assess the learners while they are performing the practical examination, and may NOT do any other work or assist the learners in any way.
- On completion of both products, learners may serve. Learners do not have to wait until the end of the 2-hour period.
- Learners are allowed to do final clean up while the teacher is assessing their products.

8. EVALUATION

- The teacher and external moderator have 45 minutes to evaluate the final products, inspect the learners' workstations and complete the mark sheets.
- While their products are being evaluated the learners should tidy their workstations so that the teacher/moderator may inspect the workstations for the final allocation of marks.

9. MODERATION OF THE PRACTICAL EXAMINATIONS**9.1 BEFORE practical examination 1**

The teacher must submit the following to the subject advisor for approval during the last week of term 1 or earlier:

In the last week of term 1 or earlier (24 March):

- The tests and relevant recipes indicating the weighting of the techniques according to the skills code
- The proposed date for external on-site moderation for the last group of learners
- This date should be negotiated with the subject advisor
- The sequence of work of each test
- The marking guidelines with the desirable qualities of each product for each test
- The planning for the purchases
- A draft budget and the estimate cost per learner (must be available on request)
- The checklist signed by the principal

The examination cannot take place unless the subject advisor has approved the items above.

9.2 ON THE DAY of practical examination 2

- During term 3 the last group of a maximum of 12 learners will be externally moderated by the relevant subject advisor while they are performing the practical examination at the school.
- The teacher must have the following available for the moderator on the day of moderation:
 - The marks of all the learners for PAT 1 in term 2
 - The marks of all the learners who finished PAT 2 in term 3
 - A copy of the completed mark sheet for practical lessons
 - A copy of the four tests the learners will be performing
 - A separate set of assessment tools for the moderator to use, with the names and examination numbers of the learners already written on the mark sheet
- The moderator will select six candidates from the last group at random and assess the learners independently while they are performing the examination.
- Afterwards the moderator will compare his/her assessment with the assessment of the teacher. If the moderator finds that the marks of the teacher differ more than 10% from his/her marks, a block adjustment upwards or downwards should be made based on the difference.
- The computerised mark sheet must be completed on the day of moderation.

- The table below demonstrates how to determine the difference between the moderator's marks and teacher's marks to establish whether adjustment is needed and the margin of adjustment required:

Learner's Name					PAT 2	
					100	
					*T	*M
Learner A					84	69
Learner B					83	70
Learner C					68	53
Learner D					59	44
Learner E					49	40
Learner F					45	40
TOTAL					388	316
AVERAGE MARK = TOTAL ÷ 6 (number of learners)					66	53
DIFFERENCE = 66 (*T) – 53 (*M)					13	
ADJUSTMENT	DOWNWARDS	✓	UPWARDS		– 3	

*T = Teacher; *M = Moderator

- A block adjustment can also be made based on the professional judgement of the moderator if the practical examination of the school is not of the expected standard.
- The moderator will discuss the outcome and any adjustments with the teacher. The final moderated marks should then be entered on the computerised mark sheet.
- The marks of all learners will be affected if an adjustment is made.
- The marks of all the learners need to be finalised and signed by the subject advisor and principal **on the day of this examination**. The computerised mark sheet must be completed **on the day of moderation**.

SKILLS-CODE WEIGHTING OF TECHNIQUES USED IN FOOD PRODUCTION

- A weighting is allocated to a technique according to the degree of difficulty of the technique.
- The total weighting of the techniques in the recipe(s) chosen for each test for the practical examination in Grade 12 should add up to a minimum of 20 points.
- Points **for the same technique cannot be awarded twice** in the same test.
- The teacher may add a technique that does not appear on the list after consulting with the subject advisor.

1	Techniques	Skills-code points
1.1	Baking a cake: Lining tin, preheating oven and setting correct temperature. Position of oven rack correct, baking for desired time, blind baking.	3
1.2	Baking without lining a tin: Baking in a pan of hot water (bain-marie), e.g. baked custard. Baking a soufflé.	2
1.3	Blanching	2
1.4	Boiling on stove-top (e.g. rice, pasta, vegetables)	2
1.5	Deep-frying (chips, doughnuts, vetkoek, draining on paper towel)	3
1.6	Grilling (hamburger patties, steak)	3
1.7	Roasting (vegetables, meat)	3
1.8	Cooking in microwave oven, e.g. custard sauce, white sauce, pasta (not for heating up milk, food, water)	3
1.9	Poaching	2
1.10	Pressure cooker used, e.g. meat and vegetable stew, bean soup	3
1.11	Sautéing (onions, green peppers, etc.)	2
1.12	Sealing and browning meat/mince/dry frying bacon	2
1.13	Shallow-frying (pancakes, crumpets, hamburger patties, fish cakes)	3
1.14	Simmering/Stewing meat/poultry dish with vegetables, dried fruit	4
1.15	Steaming: Double boiler or mixing bowl on pot, e.g. fish, egg custard sauce, melting chocolate (NOT RICE)	3
2	Gelatine	
2.1	Gelatine dish, e.g. moulded salad or dessert	3
2.2	Gelatine dish made with commercial jelly	2
2.3	Fold in other ingredients, such as whipped cream or grated cucumber, at correct stage	2
2.4	Unmoulding gelatine dish	2
3	Eggs	
3.1	Soft meringue (e.g. lemon meringue tart)	3
3.2	Hard meringue (meringues)	4
3.3	Custard base with eggs, e.g. quiche/milk tart	2
3.4	Beating and folding in egg whites, e.g. soufflé, milk tart, roulade	2
4	Yeast	
4.1	Preparing yeast batter or yeast dough	4
5	Mixing methods	
5.1	Batter, one-bowl method (pancakes, crumpets, fritters, cake, etc.)	3
5.2	Batter, creaming method	3
5.3	Batter, chiffon method (includes beating and folding in of egg whites)	4
5.4	Batter, muffin/emulsion method	3
5.5	Batter, melting method	3
5.6	Batter, whisking method	3
5.7	Choux pastry	5
5.8	Dough, rubbing-in method (short crust pastry, scones)	3
5.9	Pastry, rubbing-in, mixing, rolling out (making own flaky/short crust pastry)	5

6	Preparing ingredients	
6.1	Peeling, cutting, slicing, dicing vegetables, e.g. julienne carrots (using chef's knife)	2
6.2	Deboning chicken/chicken breast	2
7	Ready-made food	
7.1	Preparing a biscuit crust, e.g. using Marie biscuits/Tennis biscuits and melted butter	2
7.2	Using ready-made pastry/phyllo pastry	2
8	Sauces and salad dressings	
8.1	Cooked sauces, e.g. gravy, custard, jam, orange sauce, sauce thickened with flour	2
8.2	Mayonnaise (home-made)	4
8.3	Uncooked home-made salad dressing	2
8.4	Cooked salad dressing	4
8.5	White sauce/cheese sauce, roux method	3
9	Sugar cookery and home-made sweets	
9.1	Caramelisation of sugar, e.g. caramel sauce	4
9.2	Boiling sugar syrup to soft-ball stage, firm-ball stage, etc.	4
9.3	Manipulating sugar syrup, e.g. beating fudge, marshmallows. Cutting into shapes when cold.	4
10	Techniques	
10.1	Whipping and folding in cream	2
10.2	Butter icing/Fresh cream icing – preparing and decorating cupcakes and cakes	3
10.3	Garnishing, advanced, e.g. tomato-/potato-/radish flowers/tuiles/chocolate curls/chocolate leaves/chocolate cups/shaping and decorating with fondant icing/marzipan and other decorations, etc.	3
10.4	Piping/Using a piping bag	2
10.5	Royal icing (icing sugar and water/lemon juice/egg white – glazing): Preparation and use	2
10.6	Preparing a chocolate ganache (chocolate and cream)	2
10.7	Purée	2
10.8	Shaping of dough, e.g. scones, biscuits, doughnuts, bread rolls, koeksisters, croquettes,	3
10.9	Swiss roll/Roulade/Chelsea buns/Swedish tea ring – rolling	3
10.10	Lamingtons – making chocolate sauce and dipping, rolling in coconut	3
10.11	Using specialised equipment, e.g. food processor, blender, pasta machine (not electric beater or deep fryer)	2
11	Any other skills not mentioned (to be used only twice in the same test)	1

TEACHER PLANNING: GRADE 12 PRACTICAL EXAMINATION 2, TERM 3*(To be submitted to the subject advisor for moderation at the end of term 1.)*

Name of school:
Name of teacher:
Date and time of examination sessions:

TESTS FOR PAT 2: GRADE 12 (attach all recipes)

Test 1: Total:			
Recipe 1: Name:		Recipe 2: Name:	
Techniques	Weighting	Techniques	Weighting
Total recipe 1:		Total recipe 2:	

Test 2: Total:			
Recipe 1: Name:		Recipe 2: Name:	
Techniques	Weighting	Techniques	Weighting
Total recipe 1:		Total recipe 2:	

Test 3: Total:			
Recipe 1: Name:		Recipe 2: Name:	
Techniques	Weighting	Techniques	Weighting
Total recipe 1:		Total recipe 2:	

Test 4: Total:			
Recipe 1: Name:		Recipe 2: Name:	
Techniques	Weighting	Techniques	Weighting
Total recipe 1:		Total recipe 2:	

EXAMPLE OF TEACHER PLANNING FOR PURCHASES*(To be submitted to subject advisor for moderation at the end of term 1.)*

Total learners	Groups	Number of learners per group	Number of tests	Number of learners per test	Dates	Time
25	1	8	4	2	10/09/18	08:00–11:00
	2	8	4	2	10/09/18	11:30–14:30
	3	7	4	2	11/09/18	08:00–11:00

Test	Recipe 1: Quiche Lorraine			Recipe 2: Queen Fritters		
1	Ingredients	1	x 6	Ingredients	1	x 6
	Salticrax biscuits	$\frac{3}{4}$ pack	5 pk	Cake flour	125 ml	750 ml
	Margarine	50 ml/g	300 g	Margarine	62,5 ml (60 g)	360 g
	Bacon	100 g	600 g	Castor sugar	50 ml	300 ml
	Cheddar cheese, grated	250 ml	1 500 ml	Salt	pinch	Packet
	Eggs	4	24	Eggs	2	12
	Cream, long-life	125 ml	750 ml	Whipped cream	100 ml	500 ml
	Milk	175 ml	1 $\frac{1}{4}$ litres	Paper towels		1 roll
	Chicken stock cube	$\frac{1}{2}$	3	Oil for deep frying		5 litres
	Spray & Cook		1 tin			

TEACHER PLANNING FOR PURCHASES*(To be submitted to subject advisor for moderation at the end of term 1.)*

Total learners	Groups	Number of learners per group	Number of tests	Number of learners per test	Dates	Time

Test	Recipe 1:			Recipe 2:		
1	Ingredients	1	x	Ingredients	1	x

Test	Recipe 1:			Recipe 2:		
2	Ingredients	1	x	Ingredients	1	x

Test	Recipe 1:			Recipe 2:		
3	Ingredients	1	x 6	Ingredients	1	x 6

Test	Recipe 1:			Recipe 2:		
4	Ingredients	1	x 6	Ingredients	1	x 6

TEACHER'S SHOPPING LIST

[illegible]

Approximate cost of shopping list:

ESTIMATED COST PER TEST PER LEARNER: R.....

**CONSUMER STUDIES FOOD PRODUCTION
PRACTICAL ASSESSMENT TASK
CHECKLIST FOR PLANNING TO BE SUBMITTED FOR MODERATION**

SCHOOL:		
TEACHER:		
PRINCIPAL:		
DATE SUBMITTED:		
Dates of all PAT sessions	Proposed moderation date	Approved moderation date

CRITERIA	YES/NO	COMMENTS BY MODERATOR
Four tests		
Each test consists of at least 2 products		
Each test includes a variety of techniques and has a skill-code weighting of 20 points		
All recipes attached, neatly typed		
Marking guidelines with the desirable qualities for each product in each test		
Order of work/Time schedule developed for each test		
Planning for purchases attached		
Estimated budget and cost per learner attached		
Recipes clearly illustrated		
Include ONE of the following per test : Yeast product (baked/deep fried), choux pastry, a gelatine dish (not commercial jelly), home-made short crust pastry for tarts, pies or quiche, Swiss Roll, soft meringue, such as lemon meringue pie or queen of bread pudding, sugar cookery		

APPROVED/NOT APPROVED**RESUBMISSION DATE:****Signatures:****TEACHER:****DATE:****PRINCIPAL:****DATE:****MODERATOR:****DATE:**

MARK SHEET FOR PRACTICAL EXAMINATIONS

PAT EXAMINATION		1	2	NAMES OF LEARNERS							
NAME OF SCHOOL				1	2	3	4	5	6	7	8
EXAMINER											
DATE											
1	PRACTICAL SKILLS AND TECHNIQUES <ul style="list-style-type: none"> Recipe interpretation Correct measuring of quantities, correct preparation methods, correct mixing methods, correct cooking methods <ul style="list-style-type: none"> ○ Recipe 1 ○ Recipe 2 Use of utensils and equipment Correct saucepan for type of food, correct size of saucepan or pan for stove plate Using correct utensils to prepare and cook Safe use of utensils, equipment and stove Correct temperatures for stove plates and oven, height of oven racks, preheat oven, correct time for baking/cooking Sequence of work and efficient use of time Ability to follow given sequence of work or other realistic order. 	14									
		7									
		7									
		6									
		1									
		2									
		1									
		2									
		5									
		2	HYGIENE AND NEATNESS <ul style="list-style-type: none"> Neatness of work station and equipment Dishwashing (warm water, rinse) Dishcloths clean, available and not lying around Handling equipment/utensils after use/correct storage of leftover ingredients Waste disposed appropriately <i>Teacher observes each learner a few times during and after the exam and gives a mark accordingly.</i> Personal appearance Hair neat, chef's hat/covered, apron/chef's jacket, clean nails <i>Teacher observes each learner a few times during the exam, and gives a mark out of 5.</i> Neatness of workstation after practical Workstation, sink and stove cleaned. Utensils cleaned and packed away in correct storage and space. Waste bins cleaned. 	5							
1											
1											
2											
1											
5											
5											
10											
10											
10											
3	SUITABILITY FOR SELLING PRODUCT 1	Appearance	10								
		Taste/Flavour	10								
		Texture	10								
4	SUITABILITY FOR SELLING PRODUCT 2	Appearance	10								
		Taste/Flavour	10								
		Texture	10								
		TOTAL	100								
Late penalties: subtract 2 marks for every 5 minutes late up to a maximum of 20 marks											
TOTAL				100							

APPEARANCE, TEXTURE AND TASTE/FLAVOUR OF THE FINAL PRODUCT:

- 0–1 Unacceptable, does not meet the requirements, cannot sell
 2–3 Poor, meets some requirements, will not sell
 4–6 Average, meets most requirements, should sell
 7–8 Good, meets all requirements, should sell well
 9–10 Excellent, exceeds all requirements, will sell very well

EXAMPLES OF TESTS FOR PAT 2**SKILLS-CODE WEIGHTING OF TECHNIQUES USED IN THE TESTS FOR THE PAT 2**

Test 1: Total 21					
Vetkoek			Savoury Tart without a Crust		
Techniques		Weighting	Techniques		Weighting
4.1	Yeast dough	4	6.1	Preparing ingredients	2
10.8	Shaping vetkoek	3	1.4	Boiling	2
1.5	Deep frying	3	1.13	Shallow frying	3
			1.11	Sauté	2
			1.2	Baking	2
Total recipe 1		10	Total recipe 2		11

Test 2: Total 21					
Chocolate Mousse			Mince and Spinach Bake		
Techniques		Weighting	Techniques		Weighting
2.1	Gelatine dish	3	1.11	Sauté	2
1.15	Melting chocolate (Steam)	3	1.14	Simmer	4
2.3	Folding in whipped cream and beaten egg white	2	8.5	White sauce, roux method	3
2.4	Unmould	2	1.2	Bake	2
Total recipe 1		10	Total recipe 2		11

Test 3: Total 22					
Hertzog Tartlets			Lasagne		
Techniques		Weighting	Techniques		Weighting
5.8	Dough, rubbing-in method	3	1.4	Boil pasta	2
10.8	Shaping dough	3	1.11	Sauté onions	2
3.1	Soft meringue	3	1.14	Simmer mince sauce	4
1.2	Bake	2	8.5	Cheese sauce, roux method	3
Total recipe 1		11	Total recipe 2		11

Test 4: Total 20					
Milk Tart			Mince Roll with Scone Dough		
Techniques		Weighting	Techniques		Weighting
5.8	Rubbing-in method	3	1.11	Sauté	2
3.3	Custard base	2	1.14	Simmer	4
11	Measure ingredients	1	5.8	Dough, rubbing-in method	3
			10.8	Shaping mince roll	3
			1.2	Bake	2
Total recipe 1		6	Total recipe 2		14

VETKOEK

250 ml cake flour
 2,5 ml salt
 2.6 ml sugar
 25 ml margarine
 5 ml instant yeast
 150 ml lukewarm water

Method:

1. Mix the cake flour, salt and sugar together.
2. Rub the margarine into the flour mixture with the fingertips.
3. Add the instant yeast and mix.
4. Add lukewarm water. Use your hands to mix the lukewarm water and other ingredients.
5. Knead the dough thoroughly to a smooth and elastic texture (\pm 5–10 minutes)
6. Cover the dough with a plastic bag and allow to rise to double its size.
7. Punch down (knock back). Knead well until the dough is smooth.
8. Shape the vetkoek by rolling into small balls. Place on a baking tray and allow to rise until double the size.
9. Deep-fry the vetkoek until golden brown. Drain on kitchen paper towel.
10. Allow to cool and serve.

NOTE FOR TEACHER:

Advise learners to pour hot tap water into a basin/sink and place the mixing bowl with dough covered with the plastic bag into the hot water. Cover the basin/sink with a clean cloth. This shortens the rising time.

	APPEARANCE	TEXTURE	TASTE/FLAVOUR
Vetkoek	Well risen and light in mass in relation to size Golden brown Neatly rounded/same size Cells are small, regular (10)	Light in mass Elastic crumb Moist but not doughy (10)	Pleasant nutty taste No strong yeast flavour Delicate not greasy (10)

SAVOURY TART/TARTLETS WITHOUT A CRUST (1 TART/12 TARTLETS)

30 ml margarine
 2 slices white bread
 500 ml milk
 1 onion
 500 ml grated cheese
 2 Vienna sausages
 100 g bacon/macon
 4 eggs
 1 ml white pepper
 3 ml dried/fresh parsley/oregano/mixed herbs

Method:

1. Preheat the oven to 180 °C. Grease a tart plate/muffin tin.
2. Chop the onion, slice the Vienna sausages, dice the bacon/macon.
3. Break bread into pieces and boil with milk and margarine until soft. Allow to cool.
4. Sauté onion and remove from the heat.
5. Fry bacon/macon lightly.
6. Mix bread mixture, bacon/macon, onion and cheese together in a bowl.
7. Beat eggs in a separate bowl and add spices.
8. Add sliced Vienna sausages and beaten eggs to the bread mixture.
9. Pour into a greased oven tart plate/muffin tin holes (for small tartlets).
10. Bake for 35 minutes/until the tart/tartlets are set.
11. Allow to cool.
12. Serve.

NOTE FOR TEACHER:

Measure the cheese, place in plastic bag and issue to the learners

	APPEARANCE	TEXTURE	TASTE/FLAVOUR
Savoury Tart/ Tartlets without a Crust	Yellow – golden brown with specks of Vienna sausages, bacon/macon and parsley/herbs (10)	Soft and firm Moist Not rubbery (10)	Pleasant savoury taste (10)

CHOCOLATE MOUSSE (2 PORTIONS)

5 ml gelatin
 25 ml cold water
 100 g cooking chocolate
 45 ml milk
 1 egg white
 125 ml cream, chilled

Method:

1. Grease 1 large/2 small jelly mould(s) lightly with sunflower oil or spray with Spray and Cook or rinse the mould with cold water.
2. Soak gelatin in the cold water in a metal mixing bowl.
3. Break the chocolate into pieces into another metal mixing bowl. Add milk. Place the metal mixing bowl on a saucepan with boiling water and melt the chocolate, while stirring continuously, to mix in with the milk. Remove from the heat as soon as the chocolate has melted, to avoid overheating.
4. Now melt the gelatin over the boiling water and add to the chocolate.
5. Beat the egg white with a rotary egg-beater/electric beater until stiff peaks form.
6. Beat the cream until stiff peaks form.
7. Fold the egg white into the chocolate mixture with a metal spoon.
8. Fold the cream into the chocolate mixture with a metal spoon.
9. Spoon the mixture into the prepared jelly mould(s). Place in the refrigerator to set.
10. Unmould on a large/2 small plate(s)

	APPEARANCE	TEXTURE	TASTE/FLAVOUR
Chocolate Mousse	Brown colour Firmly set Smooth surface No white specks (10)	Smooth, even, creamy texture No gelatine granules/strings (10)	Creamy, chocolate taste Sweet (10)

MINCE AND SPINACH BAKE (2 PORTIONS)**Spinach**

5 spinach leaves
1 mℓ salt
50 mℓ boiling water

Method:

1. Rinse spinach leaves under running cold water. Remove vein of spinach leaves and slice spinach leaves thinly.
2. Boil the water and salt in a small saucepan. Add spinach and steam until wilted.
3. Drain excess water and set aside for later use

Mince Sauce

1 small onion
5 mℓ parsley
1 crushed garlic or 2 mℓ garlic flakes
15 mℓ oil
250 g minced meat
100 mℓ tomato purée/canned tomatoes/fresh tomatoes
25 mℓ tomato paste/sauce
1 bay leaf
3 mℓ oregano/basil
Salt and pepper to taste

Method:

1. Preheat the oven to 180 °C.
2. Chop the onion and the parsley. If using fresh tomatoes, peel and grate them.
3. Heat the oil in a sauce pan. Lightly sauté the onion, parsley and garlic.
4. Add the minced meat and fry until cooked.
5. Add the tomato purée/canned tomatoes/fresh tomatoes, tomato pasta/sauce, bay leaf and oregano/basil. Add salt and pepper to taste.
6. Mix well and simmer for a few minutes.

Cheese Sauce:

40 ml margarine

40 ml cake flour

350 ml milk

Salt and pepper to taste

50 g (100 ml) grated cheddar cheese

Method:

1. Melt the margarine in a saucepan. Stir in the flour until all the flour particles are covered with the margarine.
2. Remove the saucepan from the heat, add the milk gradually and stir with a wooden spoon to blend well.
3. Return the saucepan to the heat and continue stirring over a moderate heat until the sauce is thick and reaches boiling point.
4. Remove the saucepan from the heat. Season with salt and pepper.
5. Add half of the grated cheese to the white sauce and stir all the cheese has melted. Reserve the other half of the cheese to sprinkle on top of the mince and spinach bake.
6. Spoon the mince into an ovenproof dish. Spread the cooked spinach over the mince and pour the cheese sauce over the spinach.
7. Sprinkle the remaining cheese over the cheese sauce.
8. Bake for 20 minutes or until the cheese starts to turn brown.

NOTE FOR TEACHER:

Weigh the cheese, wrap in plastic and give to the learners.

	APPEARANCE	TEXTURE	TASTE/FLAVOUR
Mince and Spinach Bake	Yellow, green and white blended colour Layers visible when spooned on a plate (10)	Cheese sauce: Smooth, without lumps Creamy texture (10)	Pleasant taste Not too salty (10)

HERTZOG TARTLETS**Crust**

250 ml cake flour
 25 ml castor sugar
 5 ml baking powder
 1 ml salt
 65 ml margarine (at room temperature)
 2 egg yolks (extra-large eggs)
 25 ml cold water

Filling:

2 egg whites
 150 ml white sugar
 250 ml coconut
 50 ml apricot jam

Method:

1. Preheat the oven to 180 °C. Grease a cupcake tin.
2. Sift cake flour, castor sugar, baking powder and salt together.
3. Rub in the margarine.
4. Beat egg yolks and water slightly, add to the flour mixture and mix to form a soft dough. (Add a little more water if the dough is too stiff). Knead the dough well, cover, place aside and allow to rest.
5. Roll the dough out thinly on a surface on which a little flour is sprinkled.
6. Press out circles of 7,5 cm with a cookie cutter or glass and place circles in the holes of the cupcake tin. Spoon jam into the dough circles.
7. Beat egg whites until the soft peak stage and gradually add sugar while beating until stiff peak stage. Lightly stir coconut into the stiffly beaten egg whites.
8. Use a teaspoon and spoon the egg white mixture onto the apricot jam in the dough circles.
9. Bake 15–20 minutes at 180 °C or until straw brown.
10. Remove tartlets from the cupcake tin and allow to cool on a cooling rack.
11. Serve.

	APPEARANCE	TEXTURE	TASTE
Hertzog Tartlets	Crust: Light/straw brown Filling: Attractive golden/straw brown colour Meringue covers the surface (10)	Crust: Crisp but not hard Not soggy Filling: Soft and moist on inside Meringue crisp (10)	Crust: Pleasant taste Filling: Pleasant, sweet, coconut taste (10)

LASAGNE (2 PORTIONS)

1 litre boiling water
250 ml lasagne/noodles
3 ml salt
2 ml oil

Boil the lasagne/noodles in a large saucepan with the water, salt and oil until al dente. Add extra boiling water if needed. Drain excess water and keep aside.

Meat Sauce

1 small onion
30 ml oil
5 ml crushed garlic or 1 clove garlic
1 bay leaf
250 g minced meat
5 ml oregano
1 tomato or 100 ml canned tomato
25 ml tomato sauce/paste
3 ml salt
A pinch of pepper

Method:

1. Preheat the oven to 180 °C.
2. Chop onion, slice garlic (fresh garlic clove). Grate fresh tomato.
3. Fry onion until slightly brown in oil. Add garlic and bay leaf and mix.
4. Add minced meat and fry until well done, while stirring.
5. Add oregano and mix.
6. Add grated tomato/100 ml canned tomato to the mince mixture.
7. Add the tomato sauce/paste and season with salt and pepper.

Cheese Sauce

50 ml margarine

50 ml cake flour

375 ml milk

Salt and pepper to taste

100 ml grated cheddar cheese

Method:

1. Melt the margarine in a saucepan, remove from heat, stir in the flour until all the flour particles are covered with the margarine.
2. Add the milk and heat slowly.
3. Stir continuously until the white sauce becomes thick, season with salt and pepper and add half of the grated cheese. (Reserve some cheese to sprinkle on top of the lasagne.) Stir until all the cheese has melted.
4. Spoon layers of the lasagne/noodles, mince sauce and white sauce into an ovenproof bowl. Repeat the layering and end with cheese sauce.
5. Sprinkle the remaining grated cheese on top.
6. Bake 20–30 minutes.

NOTE FOR TEACHER:

Weigh the cheese, wrap in plastic and give to the learners.

	APPEARANCE	TEXTURE	TASTE/ FLAVOUR
Lasagne	Yellow melted cheese on top No oozing of fat Evenly covered with cheese sauce At serving, lasagne should show the layers of mince, lasagne/noodles and cheese (10)	Soft well-cooked mince Lasagne not too soft Cheese sauce smooth without lumps Cheese should not be rubbery, just melted (10)	Savoury cheese taste A tomato/herb taste/ flavour (10)

MILK TART**Crust**

160 ml self-rising flour
 5 ml custard powder
 A pinch of salt
 50 ml margarine
 1 egg
 40 ml white sugar
 2,5 ml vanilla essence

Method:

1. Preheat the oven to 180 °C. Grease a tart plate/muffin tin (for milk tartlets).
2. Sift self-rising flour, custard powder and salt together.
3. Rub margarine into the flour mixture.
4. Beat egg, sugar and vanilla essence together and add to the flour mixture and mix well to form a soft dough.
5. Cover with plastic and place in the refrigerator for ± 30 minutes.
6. Press the dough into the tart plate/holes of the muffin tin (for tartlets). Cover the base and the sides of the tart plate/muffin tin.
7. Prick bottom with a fork and bake blind until a light/straw brown. Remove from the oven and allow to cool in the tart plate/muffin tin.
8. Prepare the milk tart filling and spoon into the baked crust(s). If making tartlets, remove crusts from muffin tin before filling them. Allow to cool before serving.

Milk Tart Filling

300 ml milk
 40 ml margarine
 2 ml vanilla essence
 2 eggs
 40 ml sugar
 25 ml corn flour (Maizena)

Method:

1. Heat the milk, margarine and vanilla together.
2. Beat the eggs, sugar and corn flour together until smooth.
3. Add a little boiling milk to the egg mixture and mix well.
4. Add the egg mixture to the rest of the boiling milk and boil together for ± 5 minutes while stirring continuously.
5. Spoon the cooked milk filling in the baked crust.
6. Sprinkle cinnamon over the filling and allow the milk tart to cool and set.

	APPEARANCE	TEXTURE	TASTE/FLAVOUR
Milk Tart	The filling should be almost level with the sides of the crust Even yellow colour. Cinnamon sprinkled on top (10)	Crust: Crisp, but not crumbly Filling: Should be firm when cut, but should not be too hard Smooth/no lumps No white spots (10)	Agreeable, sweet cinnamon flavour Not burnt (10)

MINCE ROLL WITH SCONE DOUGH (2 PORTIONS)**Filling**

200 g beef mince
10 ml sunflower oil
1 small onion
1 garlic clove
15 ml fresh parsley
50 ml chutney
2 ml mustard
3 ml Worcestershire sauce
50 ml grated cheese
1 ml white pepper
50 g mushrooms
3 ml salt

Method:

1. Heat the oil in a saucepan.
2. Chop the onion and parsley and slice the mushrooms.
3. Sauté the chopped onion, garlic and sliced mushrooms until soft. Add the mince and brown. Stir continuously during frying to loosen the minced meat.
4. Mix the chutney, mustard, salt, pepper and Worcestershire sauce with the meat mixture.
5. Simmer for \pm 5 minutes until the mixture is thick but not dry.
6. Remove from heat and add the cheese and chopped parsley.
7. Allow the meat mixture to cool.

SCONE DOUGH

250 ml cake flour
 2 ml salt
 2 ml sugar
 15 ml margarine
 60 ml grated cheese
 1 egg
 5 ml baking powder
 60 ml milk

Method:

1. Preheat the oven on 180 °C.
2. Grease a baking tray/sheet of 30 x 20 cm in size.
3. Sieve the dry ingredients.
4. Rub the margarine into the dry ingredients. Add the grated cheese and mix well.
5. Beat the egg and add half of the egg to the milk.
6. Add the liquid mixture to the flour mixture and mix to form a soft dough.
7. Roll the dough on a lightly floured surface into a rectangle of 25 x 45 cm.
8. Spread the filling evenly over the dough. Roll the dough up, starting with the wide side.
9. Place the roll on the greased baking tray/sheet. Put the open side on the baking tray/sheet. Neaten the edges of the roll.
10. Cut the roll into 1 cm slices, but do not cut right through. Brush the surface of the roll with the other half of the egg.
11. Bake until golden brown for ± 20 minutes.
12. Serve hot on a plate/wooden board.

NOTE FOR TEACHER:

Weigh the cheese, wrap in plastic and give to the learners.

	APPEARANCE	TEXTURE	TASTE
Mince Roll with Scone Dough	Crust: Light/straw brown Filling: Attractive brown colour visible in a spiral when the roll is sliced Neatly rolled (10)	Crust: Crisp but not dry Not soggy Filling: Soft and moist Not rubbery (10)	Crust: Pleasant, cheese taste Filling: Pleasant savoury taste (10)

TIME ALLOCATION		TEST 1: ORDER OF WORK Vetkoek and Savoury Tart/Tartlets without a Crust
Time	Minutes	
0:00–0:25	25 min	Prepare the vetkoek dough.
0:25–0:35	10 min	Cover the dough and leave to rise. Clean up.
0:35–1:05	30 min	Preheat the oven. While the vetkoek dough is rising, prepare the savoury tart/ tartlets.
1:05–1:10	5 min	Bake the tart/tartlets. Clean up.
1:10–1:45	35 min	Knock down the vetkoek dough. Shape the vetkoek and allow to rise until double its size. Clean up.
1:45–1:55	10 min	Remove the savoury tart from the oven. Leave to cool. Deep-fry the vetkoek and drain on paper towel. Clean up.
1:55–2:00	5 min	Serve products.
TOTAL TIME: 2 hours	TOTAL TIME: 120 minutes	

TIME ALLOCATION		TEST 2: ORDER OF WORK Chocolate Mousse and Mince and Spinach Bake
Time	Minutes	
0:00–0:30	30 min	Prepare the jelly mould. Hydrate gelatine and prepare the chocolate mousse and place in the fridge to set.
0:30–0:35	5 min	Clean up.
0:35–1:05	30 min	Preheat the oven to 180 °C. Wilt the spinach and set aside. Prepare the mince sauce and the cheese sauce.
1:05–1:35	30 min	Spoon the ingredients into the ovenproof dish. Bake for 20 minutes at 180 °C.
1: 35–1:45	10 min	Clean up.
1:45–1:50	5 min	Remove chocolate mousse from the fridge. Unmould. Remove the mince roll from the oven.
1:50–2:00	10 min	Serve products
TOTAL TIME: 2 hours	TOTAL TIME: 120 minutes	

TIME ALLOCATION		TEST 3: ORDER OF WORK Hertzog Tartlets and Lasagne
Time	Minutes	
0:00–0:40	40 min	Preheat the oven to 180 °C and grease the cupcake tin. Prepare the Hertzog tartlets. Bake.
0:40– 0:50	10 min	Clean up.
0:50–1:25	35 min	Boil the lasagne/noodles. Remove the tartlets from the oven and allow to cool. Prepare the mince sauce.
1:25–1:30	5 min	Clean up.
1:30–1:40	10 min	Prepare the cheese sauce. Layer the lasagne and bake at 180 °C.
1:40–1:50	10 min	Clean up.
1:50–1:55	5 min	Remove the lasagne from the oven.
1:55–2:00	5 min	Serve products.
TOTAL TIME: 2 hours	TOTAL TIME: 120 minutes	

TIME ALLOCATION		TEST 4: ORDER OF WORK Milk Tart and Mince Roll
Time	Minutes	
0:00–0:20	20 min	Preheat oven to 180 °C. Prepare the milk tart crust. Place in the refrigerator.
0:20–0:25	5 min	Clean up.
0:25–0:45	20 min	Prepare the ingredients for the mince roll, allow to cool.
0:45–0:50	5 min	Clean up.
0:50–1:10	20 min	Blind bake the milk tart crust. Cook the milk tart filling.
1:10–1:20	10 min	Remove the milk tart crust from the oven and pour in the filling. Place aside to cool and set.
1:20–1:35	15 min	Prepare the scone dough, roll out and spread filling over, roll up. Cut slices and bake 20 minutes at 180 °C.
1:35–1:45	10 min	Clean up.
1:45–1:50	5 min	Remove mince roll from oven.
1:50–2:00	10 min	Serve products.
TOTAL TIME: 2 hours	TOTAL TIME: 120 minutes	