

# 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