

JUNIOR CERTIFICATE HOME ECONOMICS PRACTICAL EXAM

MARKING SCHEME (100mks):

<i>Analysis</i>	<i>10</i>	<i>Hygiene/safety</i>	<i>10</i>
<i>Planning/Preparation</i>	<i>10</i>	<i>Appearance</i>	<i>10</i>
<i>Skills</i>	<i>20</i>	<i>Flavour and taste</i>	<i>10</i>
<i>Cooking Principles</i>	<i>10</i>	<i>Evaluation</i>	<i>10</i>
<i>Resource management</i>	<i>10</i>		

PREPARATION: (30 MINUTES)

- ⊙ Wash hands, tie back hair (including fringe), **remove** jewellery & nail varnish, put on **apron**
- ⊙ Take out equipment including **servicing dishes**,
- ⊙ Weigh ingredients and place on plates, ramekins etc. (including spices & seasoning)
- ⊙ Remove all food from tins, plastic bags and containers and place in bowls, plates etc.
- ⊙ Wash vegetables but do **not** peel or chop
- ⊙ Make stock
- ⊙ Grease tins
- ⊙ Light oven

EXAM: (1 HOUR 30 MINUTES)

BEFORE COOKING:

- ⊙ Prepare all ingredients **before** you start to cook
- ⊙ Make sure you know the **correct method** for chopping each fruit & vegetable
- ⊙ Keep your fingers **'curled in'** when chopping vegetables
- ⊙ Chop fruit & vegetables to **even sizes**
- ⊙ Prepare each vegetable **separately** and use the back of your **knife** to scrape onto a plate
- ⊙ Wash or use a **separate chopping board** & knife for meat and place on a separate plate

COOKING:

- ⊙ Always have a **side plate** and **wooden spoon** beside the cooker and never leave the wooden spoon cooking in the saucepan
- ⊙ **Pre-heat** the oil/butter before adding onion or meat (temp 3-4/medium flame)
- ⊙ Cook rice, potatoes or pasta on the **back** rings and meat, sauce on the **front** rings
- ⊙ **TEMP. CONTROL:** **Simmering:** gentle ripple of bubbles: temp 1-2/low flame (use a lid)
Boiling: bubbles breaking on the surface: temp 3-4/medium flame
- ⊙ Be seen to **adjust** the temperature - it shows that you are familiar with the cooker
- ⊙ Be seen to **taste** (with a teaspoon) and **season** (salt/pepper) while cooking
- ⊙ **SAUCES:** The key is to **measure** flour, fat and liquid **accurately**
 - If a sauce is too **thick** - add **stock** or water
 - If a sauce is too **thin** - add blended **cornflour**
- ⊙ For **baking** - ovens differ some cook faster/slower - **check regularly**
- ⊙ Always **wipe** the sides of a glass dish **before** putting in the oven

SERVING:

- ⊙ If a drink or whipped cream is ready before serving **cover** and **refrigerate** until serving
- ⊙ When your dish is ready serve it while it is **hot**
- ⊙ Use **suitable size** serving dishes and don't overfill the plate
- ⊙ Use **pot stands**, wire tray etc. and a **large serving spoon** to serve (not a wooden spoon)
- ⊙ **Garnish** savoury dishes and **decorate** sweet dishes - choose as appropriate (small & neat)
- ⊙ **Checklist** for serving: Dishes cooked in the assignment
 - Menu card
 - Small bowl of hot water
 - Small plate, knife, spoon and fork for the examiner
- ⊙ When you are ready **call** the examiner - **never** taste before the examiner

SAFETY & HYGIENE:

- ⊙ **Side plate** and **wooden spoon** beside cooker
- ⊙ Keep saucepan **handles turned in**
- ⊙ **Taste** food with a **teaspoon** not with wooden spoon
- ⊙ Always use **oven gloves** when using the oven
- ⊙ Never place hot dishes on table - use **pot stands**, **wire tray** etc
- ⊙ Handle food as **little** as possible

WASHING DISHES:

- ⊙ Pile dishes neatly to the *left* of the sink
- ⊙ Fill a *basin* of hot soapy water (never wash under a running tap)
- ⊙ Washes in the following *order* Glass; crockery; cutlery; tins/metal (you may have to steep)
- ⊙ Drain dishes to the *right* of the sink
- ⊙ Dry thoroughly with a *clean* tea towel and place on table
- ⊙ Call examiner to *inspect* dishes before putting away

EVALUATION:

- ⊙ Remember to evaluate the *whole task* not just the dish you made
- ⊙ Pay attention to *specific aspects* of the assignment e.g. Setting a table or a costing etc.
- ⊙ Be as *descriptive* as possible and give a reason for your comment e.g. the curry was spicy due to the chilli powder or the scones were golden brown due to the glaze
- ⊙ **Avoid** using words like nice, lovely, good, yucky or horrible
- ⊙ Always suggest a *modification* for the next time - this shows your ability to critically analyse your task