**NCFE VCert Level 2 Food and Cookery**

**Unit 3 – Exploring Balanced Diets (external assessment exam)**

**Revision Booklet 2**

**Name…………………………………………………………………………**

 

**Date of exam Tuesday 6th November 2018. Duration of exam: 2 hours.**

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**2.1 The learner can assess a recipe in terms of its contribution to healthy eating.**

**To get a Pass: You can identify at least 4 healthy features and 4 unhealthy features of the recipe and explain what nutrients these ingredients provide.**

**To get a Merit: You can identify at least 4 healthy features and 4 unhealthy features of the recipe and explain what nutrients these ingredients provide and explain the functions these nutrients will have in the body.**

**To get a Distinction: You can identify at least 4 healthy features and 4 unhealthy features of the recipe and group ingredients together to explain which nutrients they provide. You can also explain the functions these nutrients will have in the body and the effects on the body these ingredients may have if too much is consumed.**

**Task 1: Look at the recipe below. Assess this recipe for a syrup sponge with custard, to show the healthy and less healthy features of it.**

Healthy features:

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Syrup sponge and custard ingredients:

* 175g unsalted butter, softened, plus extra for greasing
* 3 tbsp golden syrup plus extra for drizzling
* 1 tbsp fresh white breadcrumbs
* 175g golden caster sugar
* zest 1 lemon
* 3 large eggs beaten
* 175g self-raising flour
* 2 tbsp milk

For the custard

* 25g custard powder
* 25g caster sugar
* 250 ml whole milk
1. Grease a 1-litre pudding basin with butter. In a small bowl, mix the golden syrup with the breadcrumbs and then tip into the pudding basin.
2. Beat butter with sugar and zest until light and fluffy, then add eggs gradually. Fold in the flour, then finally add the milk.
3. Spoon the mix into the pudding basin. Cover with a double layer of buttered foil and baking paper, making a pleat in the centre to allow the pudding to rise. Tie the foil securely with string, then place in a steamer or large pan containing enough gently simmering water to come halfway up the sides of the basin. Steam for 1½ hrs. Turn out onto a serving dish.
4. For the custard: place the custard powder and 25g sugar in a basin. Add a little of the 250ml milk and stir to make a thin paste. Pour the rest of the milk in to a saucepan and bring to the boil, then pour over the custard mix in the basin, stirring well.
5. Return the custard mixture to the milk saucepan and bring to the boil, stirring constantly, until the custard thickens and coats the back of a spoon.
6. Serve each portion of the sponge into a bowl and pour over some custard.

**2.2 The learner can explain how the recipe could be changed to make the finished dish healthier.**

**To get a Pass: You can explain at least 5 ways that the recipe could be changed to make it healthier (including swapping ingredients or changing cooking methods).**

**To get a Merit: You can explain at least 5 ways that the recipe could be changed to make it healthier (including swapping ingredients or changing cooking methods) and explain how this will change the nutritional content (e.g. reduce the saturated add or add more fibre etc).**

**To get a Distinction: You can explain at least 5 ways that the recipe could be changed to make it healthier (including swapping ingredients or changing cooking methods) and explain how this will change the nutritional content in detail(e.g. reduce the saturated add or add more fibre, add more vitamins, minerals etc).**

**Task 2: For each less healthy feature you have listed on the previous page give a healthy swap or cooking method which could be used:**

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| --- | --- |
| **Less healthy features:** | **Swap for:** |

**Task 3: Now write your answers in a paragraph to explain these changes you would make and how they will make the finished dish healthier**

 **Circle/highlight in the box if you are aiming for a Pass, Merit or Distinction with this answer.**

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**2.3 The learner can describe other factors that could affect the finished dish.**

**To get a Pass: You can give basic explanations of how the ingredients you have changed in the recipe will affect the flavour, colour, appearance, texture of the finished dish, (e.g. using low fact cheese instead of full fat might give the dish a milder flavour and it will be less oily).**

**To get a Merit: You can give detailed explanations of how the ingredients you have changed in the recipe will affect the flavour, colour, appearance, texture of the finished dish, (e.g. using low fact cheese instead of full fat might give the dish a milder flavour and it will be less oily. This will also reduce the salt content which will make the flavour less salty, but if you add herbs or spices this won’t be as noticeable).**

**To get a Distinction: You can give detailed explanations of how the ingredients you have changed in the recipe will affect the flavour, colour, appearance, texture of the finished dish, (e.g. using low fact cheese instead of full fat might give the dish a milder flavour and it will be less fatty. As there is less fat in the low fat cheese it may not melt as well as the full fat cheese. This will also reduce the salt content which will make the flavour less salty, but if you add herbs or spices this won’t be as noticeable).**

**Exam style question: Circle/highlight in the box if you are aiming for a Pass, Merit or Distinction with this answer.**

**Describe how the changes you have made to the recipe for the syrup sponge with custard could affect factors such as taste, texture, appeal and appearance.**

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