



## Dish production

- Were you able to keep to your time plan?
- Did you have any problems during the practical? How did you resolve them?

## Dish selection

- Did your dishes contain the right nutrients for your two groups?
- Were they expensive or cheap to produce?
- Did they contain seasonal or local produce?

## Organoleptic

How did your dishes:

- Look (appearance)?
- Taste (flavour and texture)?
- Smell (aroma)?

## Hygiene

- Did you follow all hygiene guidelines?
- Did you wear correct PPE?
- Did you wash up between jobs?

## Reviewing of dishes

### PEE: Point, Evidence, Explain

You need to write a self-reflection of how you performed during your practical session. There are 8 areas to consider when you write your review of your dishes.

## Presentation

- Were the portions the right size for your two groups?
- How did you add colour to your dishes?
- Were your garnishes and decorations appropriate?

## Health and safety

- Were you able to use equipment safely?
- Did you store ingredients correctly?

## Waste

- Did you separate your waste into categories? (Food waste, recyclable materials, general waste.)
- Did you buy the right amount of ingredients?

## Improvements

- If you made your dishes again, what would you do differently?
- If you had to do the task again, would you change your choice of dishes?
- Would you add additional accompaniments?