

Candidate 1 evidence



National 5 Health and Food Technology

Assignment

Candidate workbook

Use this workbook to complete your assignment. The wording in this template should not be altered in any way.

There are spaces for your responses for each part of the assignment. You can complete the workbook by hand or electronically.

Brief chosen for your assignment.

Develop a savoury dish for a school canteen which is high in fibre

Section 1: Planning (22 marks)

Exploring the brief (6 marks)

You should:

- ♦ identify **three** key issues from the brief (3 marks)
- ♦ explain why **each** key issue is important to the brief (3 marks)

Key issue	Why is this issue important to the brief?
1 High in fibre	High in fibre is important to the brief so this means my food product will need to be high in fibre. fibre is important as it helps keep the digestive system healthy, prevents constipation, decreases cholesterol, and helps to protect against diseases such as heart disease, diabetes and some cancers. Fibre is mainly found in carbohydrates, this means i will need to consider ingredients such as whole grains, beans, lentils, fruits and vegetables. i will need to choose high fibre foods that pupils enjoy Fibre also keeps you fuller for longer therefore school pupils will have enough energy for the rest of their day to study

<p>2</p> <p>school canteen</p>	<p>The school canteen is important to the brief as a school canteen should include a range of foods suited for a range of pupils that identify or have certain dietary requirements eg.vegetarian,vegan,kosher,halal,lactose and nut allergies So my food product must take into consideration these dietary requirements</p> <p>School canteen foods should include a mix of different food groups this means i will need to consider a source of foods from carbohydrate,fruits and vegetables,meat/pulses and some form of dairy eg. yoghurt, so the pupils can have a balanced diet.</p> <p>My food product will need to be able to fill up a high school pupil so that they have enough energy and can concentrate better throughout the day</p> <p>MY food product must be quick to hand out so that the canteen has enough time throughout the lunch break to serve everyone</p>
<p>3</p> <p>savoury dish</p>	<p>Savoury foods are important to the brief. This means my food product will need to be savoury. This means i will need to consider flavours such as salty or spicy rather than a sweet ones</p> <p>A dish is a good size portion of food made up of ingredients, so my food product must include savoury ingredients that high school pupils will enjoy.</p>

Identify the target group
(if not already identified
in the brief)

high school pupils

Carrying out research (10 marks – 5 marks for each investigation)

Now carry out **two** investigations to find out information about the key issues you identified, using **two different** investigative techniques.

Present the information you gather from **each** investigation, using any suitable format.

The information you present from each investigation should:

- ♦ identify the investigative techniques you used
- ♦ identify the source(s) of the information

You must make sure the results of your investigations are clear. You must select and summarise three main points of information from each investigation, which can be used to develop your product.

Insert the information you have gathered from your research on the following page(s).

Investigation 1

Internet research ✓

I am going to find out what foods are high in fibre, what is fibre and i will also be looking at why fibre is important.

<https://www.nhs.uk/live-well/eat-well/how-to-get-more-fibre-into-your-diet/>

11-16 year olds should try to have at least 25g of dietary fibre a day

Foods high in fibre.

- nuts and seeds
- whole grain biscuits
- oats and whole grain porridge
- whole grain bread
- whole grain rice and pasta/noodles
- dried fruits and fresh fruits
- vegetables
- blackeyed beans, lentils, peas, chickpeas

<https://www.bbc.co.uk/bitesize/guides/ztw3y4j/revision/4>

There are alot of health benefits gained from fibre rich foods, such as:

- reducing the risk of heart disease
- reducing the risk of type 2 diabetes
- reducing the risk of several cancers, especially bowel cancer
- helps to manage and keep a healthy weight because more fibre stops snacking on fatty and sugary foods that can lead to obesity in later life
- preventing constipation and other bowel disorders

school meals research <https://www>

[76/secondary school menu](#)

I am going to find out about what they serve to those with certain dietary and food requirements, i am also going to find out what foods they serve to schools in the highlands

Chicken dishes <ul style="list-style-type: none"> • chicken fajitas • chicken & boiled rice • chicken burger • chicken mayo wrap • chicken pasta bake • southern style chicken & rice 	Fish dishes <ul style="list-style-type: none"> • braided fish & chips x2 • tuna salad • salmon & chips 	Meat dishes <ul style="list-style-type: none"> • savoury beef mince & tatties • beef of lamb • roasted beef
vegetarian dishes		

vegetable fajita vegetarian Quorn mince cheese wheel roasted vegetable curry		
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- All meals are served with vegetables on the side

CONCLUSIONS

From my research on the secondary menu I found out that every lunch time meal is served with seasonal vegetables. I also found out that vegetables are high in dietary fibre therefore i will use vegetables in my lunch time meal eg. carrots & peas, as they contain the ACE vitamins

From my internet research i have discovered that teenagers should be getting a minimum of 25g of dietary fibre a day, therefore I will consider using ingredients that contain a lot of dietary fibre such as whole grain noodles, whole grain rice, whole grain pasta and potatoes with skin on so the teens have enough fibre in their lunch time meal as these foods will keep them fuller for longer so they can have enough energy for the rest of the day

From my investigation I have discovered that nuts, blackeyed beans and lentils are really high in fibre. Therefore I may consider using beans in my lunchtime food as it will help to meet the minimum grams of dietary fibre a teenager should have a day. eating fibre-rich foods can prevent a lot of dietary problems such as type 2 diabetes and bowel cancer. Therefore I may consider using foods high in fibre as it will decrease the chances of the pupils developing dietary diseases such as type 2 diabetes.

A conclusion from my internet research is that having fibre in the diet helps to keep a healthy weight. Therefore i may consider ingredients with fibre as the base of the food so that the pupils will feel fuller for longer which will stop them from snacking on sugary/fatty foods that could increase the chances of the students developing obesity

Investigation 2

Questionnaire

I am going to ask 17 high school pupils about what type of foods they like and dislike so I can find out what ingredients to use to make sure the pupils enjoy my lunch savoury dish. i am also going to find out about what they serve to those with certain dietary and food requirements.

Results

What is your favourite type of flavouring?

mixed herbs-5	Hot & spicy-5	sweet chilli-2	salt&pepper-1	other -2	none-2
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What type of savoury foods do you like the most

pasta based-5	noodles-3	wrap-3	potato-3	rice based-1	other-2
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Do you prefer savoury dishes hot or cold

Hot-15	cold-2
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Are you allergic to any of the following

lactose-1	shellfish-1	gluten-1	nuts-3	none-11
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What food do you like the most from the following

pasta-4	burger & chips-4	rice & curry-3	sushi-3	baguette -1	panini-0	veg salad-0	other-1
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Which of the following protein would you like as part of your lunch

chicken -13	lamb-0	eggs-1	beans-1	pork-0	turkey-0	beef-2	fish-0	lentils-0
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What type of vegetable do you prefer

carrots-6	pepper-4	green peas-3	beetroot-2	broccoli-1	tomato-1
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Do you have any dietary laws from your religion or dietary requirements, if yes please state

No-16	yes-1 -vegetarian
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Conclusions.

A conclusion from my research is that i should consider using carrots (6) as more students chose it as their favourite therefore by using this vegetable more students will eat the lunch time meal as they will like the ingredients which then helps to towards the students meeting the dietary goal eat 5 portions of fruit and vegetables

A conclusion from my research is that i should consider using chicken(13) in my lunchtime meal as a source of protein as most people preferred chicken as their source of protein, as chicken is low in fat helping to meet the current dietary goal eat less fat

A conclusion for my investigation is that i should consider making my lunchtime meal hot(15) than cold(2) as more pupils showed that they like hot food better than cold therefore by making the food hot more pupils will like it as they prefer it hot

A conclusion for my investigation is that i should consider making my lunchtime meal pasta(4) based as it was one of the top most voted type of base food therefore a lot of pupils like pasta as their main meal for lunch as it will also fill up the pupils for the rest of the day till they get home for dinner so they don't have to snack of unhealthy junk foods helping the students to not become obese

Present ideas (6 marks)

From the investigations you have carried out, present **three** ideas for your food product.

This must include:

- ♦ a detailed description of each idea (3 marks)
- ♦ a justification of why you think each idea might be suitable for the brief (3 marks)

Food product ideas

1

Tuscan chicken pasta

chicken pasta brewed in a rich and garlicky tuscan flavours, thinly sliced golden brown chicken breast infused with Italian seasoning and sun-dried tomatoes swimming in a creamy sauce along with fresh spinach and carrots.

I think this would be a good lunch time meal because in my internet research, I discovered that pasta is very high in dietary fibre. This is good as my meal will be high in dietary fibre so it will help prevent constipation and therefore benefitting the pupils that consume the food at the school canteens health so they do not develop bowel cancer in later life.

In my questionnaire in investigation two I found out that six people liked carrots as a preferable vegetable in meals. This is suitable as it is likely that the school pupils enjoy the product at the school canteen as they will like the ingredients in the food product.

2

spicy bean noodle soup

Piping hot whole wheat noodles in a black eyed bean blended soup for a thick texture that is smooth and silky, loaded with finely chopped celery, carrots and green peas for a protein packed soup that is velvety and delicious topped with chilli flakes for a spicy kick

I know this would be a good lunch time meal because from my internet research in investigation 1 I found out that all school meals are served with a vegetarian substitute for those who would prefer to not eat meat. This is good as my food product doesn't have any meat but beans instead so it can serve as a vegetarian option therefore the beans as a protein replacement for the meat so the students are still getting the required amount of dietary fibre.

In my questionnaire in investigation two I discovered that five people liked their foods flavoured hot & spicy. This is good as the pupils will choose my food product from the school canteen as they will like the flavouring therefore they will enjoy it more

3

Beef fajitas

Steaming hot beef fajitas in a fluffy savoury tortilla wrap, tender and juicy strips of beef steak grilled to perfection and well-seasoned with a blend of mixed herbs and spices for an aromatic smell, filled with colourful bell peppers, tomatoes, guacamole and red onions and topped with fresh salsa

I think this would be a good idea for a lunch time meal sold at a school canteen because from my questionnaire In Investigation two i found out that pupils 5 pupils out of 17 liked mixed herbs as a type of flavouring in their savoury dish. This is good as my food is seasoned with mixed herbs the students will like it better and therefore buy it from the canteen because they will enjoy it

Another reason why i think this is a good idea is because from my questionnaire in investigation two i found out that 15 out of 17 liked their savoury dish hot than cold, this means that i will be making my food product a hot savoury dish. This is good as more pupils would prefer it and will buy it at the school canteen

From my internet research in investigation one i discovered that vegetables are high in fibre. This is good as the pupils will decrease their chances of developing dietary diseases by choosing this lunch meal at the school canteen as it is filled with lots of vegetables.

Section 2: The product (8 marks)

Describing the product (2 marks)

From the ideas you generated in section 1, choose **one** food product to develop.

Food product: Spicy bean noodle soup

You must provide a recipe for the food product you are going to develop.

Your recipe must include:

- ♦ a detailed list of all ingredients
- ♦ an accurate method

Insert your recipe information below.

Recipe Information

Spicy bean noodle soup

Ingredients:

- 15g Cloves Garlic
- 400g Cans Black eyed Beans
- 15ml Brown Miso Paste
- 10 ml Chilli Flakes
- 5 ml Garlic Powder
- 60ml Soy Sauce
- 15ml Rice Wine Vinegar
- 750 ml Vegetable Stock
- 100g whole grain Noodles
- (35g) ½ Lime
- 400 g Mushrooms
- 30 ml olive Oil
- 100g celery
- 280g carrots
- 128g peas
- 160g Onion
- 15 ml Chinese Five Spice

Method

1. peel and dice garlic and onions, slice your carrots. Then slice your mushrooms into ½ cm lengths.
2. Heat the olive oil in a pan over a low heat. Add the chilli flakes in to fry for a while. Then pour in the onion and garlic and fry, until the onion is soft.
3. Add mushrooms, carrots, celery and peas to the pan and stir in 30g of soy sauce. Fry for 3 - 4 minutes or until mushrooms have browned. put 1/2 the mushrooms and carrots aside for later.

4. Add 200g of black beans to the pan, along with garlic powder, five spice, vinegar, miso paste and remaining soy sauce. Cook for two minutes continuously mixing to coat everything in the spice mixture.
5. Remove the pan off the heat and pour into a blender. blend into a smooth paste and then return to the pan and pour in vegetable stock. Then bring to the boil
6. combine the noodles and lower the heat so it starts to simmer, cook the noodles until soft
7. Add the remaining black eyed beans, carrots and mushrooms, cook for 2-4 minutes more to make sure the beans, carrots and mushrooms are warm.
8. Take the pan off the heat and squeeze the lime into the pan. Season the soup with more chilli flakes and a sprinkle of soy sauce if you wish.
9. Serve the spicy noodle soup in a deep bowl and garnish with finely sliced raw carrots or whatever vegetable you have handy.

Justification (6 marks)

You should explain at least six ways your product meets the needs of the brief, based on the results of your investigations. You should identify and explain why the following aspects of your product are important in meeting the needs of the brief:

- ♦ a minimum of three ingredients used in the product
- ♦ a minimum of two features of the product

Justifications

Whole grain noodles-

This meets the needs of the brief to develop a product that's high in fibre as from my investigation 1 internet research i found out that noodles are high in dietary fibre so i choose to use whole grain noodles as they are very high in dietary fibre. This is good as using whole grain noodles, I am meeting the brief as my savoury dish will be high in fibre therefore the school pupils will feel fuller for longer by eating the high fibre savoury dish from the school canteen as they will have enough energy for the entire day. This meets the brief to produce a savoury dish.

Black eyed beans-

I will be using black eyed beans in my food product because in my investigation 1, internet research i discovered that beans are high in fibre, high fibre foods reduce the risk of some dietary diseases such as bowel cancers this is good because my ingredient contains a lot of fibre so by choosing to eat my savoury dish from the school canteen school pupils are decreasing their chances of developing bowel cancer. Black eyed beans are high in fibre this meets the need of the brief to develop a dish high in fibre.

Carrots-

I will be using carrots in my food product. From my internet research in investigation 1, I found out that a teenager should try and have a minimum of 25g of dietary fibre a day. This is good as carrots contain dietary fibre and by using this ingredient I'm meeting the brief to produce a savoury dish that is high in fibre. By using this ingredient I am contributing to meeting the minimum of 25g of dietary fibre a day. carrots also contain some of the ACE vitamins and by adding this vegetable to the dish it will also meet a part of the dietary requirement to eat 5 portions of fruit and vegetables. This is suitable as it meets the brief to produce a savoury dish for a school canteen.

From my questionnaire in investigation 2 i found out that 6 out of 17 pupils liked carrots as a vegetable in a savoury dish therefore by making a lunch time dish that has carrots in it is more likely to be most favourable among the school pupils and will buy the food at the school canteen because they will enjoy it. This is good as it meets the needs of the brief to produce a savoury dish suitable for a school canteen

Chilli flakes-

I will be using chilli flakes in my food product as I found out from my questionnaire in Investigation two that 5 out of 17 pupils liked their food product flavoured hot & spicy by adding chilli flakes i am making sure that the students will like the flavour of the food and will buy it from the school canteen. This is good as it meets the needs of the brief to produce a dish suitable for a school canteen

Hot savoury dish-

I am choosing to make spicy bean noodle soup as it is served as a savoury hot dish, from my questionnaire in investigation 2 I found out that 15 students out of 17 preferred their savoury dish hot than cold This is good as my spicy bean noodle soup will be served hot at the school canteen this means that more school pupils will enjoy it as the majority like their food hot rather than cold therefore the school canteen won't waste food

vegetarian-

Blackeyed bean are high in protein which makes the a great replacement for chicken because from my questionnaire in investigation 2 found out that one person was vegetarian, a school canteen should be able to serve a variety of pupils with certain dietary requirements this is good as using beans instead of chicken i am making sure that the pupils that cant have meat can still be able to eat something from the school canteen which they might enjoy and still be following their dietary needs. The dish is also suitable for school pupils who aren't vegetarian as well. Meeting the brief to develop a savoury dish suitable for a school canteen.