

Candidate 2 evidence



National 5 Health and Food Technology Assignment Candidate workbook

(for use as a resource in session 2020–21)

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 ready meal for a supermarket which includes local produce .

Scottish Candidate Number

--	--	--	--	--	--	--	--	--	--

December 2020 (version 1.0)

1

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 develop	It's important to develop (create) a new dish that's suitable for a supermarket that involves local produce. It should be something that's completely made up with my own ideas or recreate a ready meal that is already popular using local produce.
2 ready meal.	Ready-meal. A ready meal is usually partially cooked. It helps save time and is easy to make or heat up and are good for busy parents, single parents and older people that can't be bothered cooking. I need to consider what ready meals people will buy.

Key issue	Why is this issue important to the brief?
3 local produce.	Local produce in the ready meal will help customers know where their foods coming from which might help increase their sales. I need to find out what kind of foods are grown locally and use them in my dish
Identify the target group (if not already identified in the brief)	Customers who buy ready meals.

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

I am going to give a questionnaire to 20 people that buy ready meals in the super market.

1. If you buy a ready meal how would you prefer to eat it?
 - 16 Hot
 - 4 Cold
2. What meat would you prefer to have in your ready meal? Pick 1
 - 12 Chicken
 - 3 Beef
 - 3 Pork
 - 0 Fish
 - 2 No meat
3. What vegetables would you prefer in your ready meal? Pick 2
 - 5 Carrots
 - 1 Potatoes
 - 10 broccoli
 - 0 Mushrooms
 - 4 Peas
4. Pick your favourite ready meal type of dish. Pick 1
 - 15 Pasta dish
 - 2 Curry dish
 - 1 Traditional dish e.g cottage pie, haggis neeps and tatties.
 - 2 Vegetable dish
 - 2 Chinese style dish
5. Would you like your dish to have a lot of sauce/gravy?
 - 17 Yes
 - 7 No
6. Do you prefer it to be?
 - 13 Spicy
 - 7 Mild
7. Would you prefer to have a meal with or without a side? Eg rice veg etc
 - 8 With
 - 12 Without

Conclusion

16/20 would prefer a hot meal. Therefore I will make a hot ready meal so that people will buy it.

12/20 would prefer chicken as the meat in the ready meal, therefore I will try to put chicken in the ready meal so that people will enjoy it and be more likely to buy it.

The most popular veg were carrots 5/20 and broccoli 10/20 in the ready meal, therefore I will include broccoli and carrots in my ready meal as it was most popular in the questionnaire so hopefully people buying ready meals would choose it.

Investigation 2

I am going to do an internet research to look for locally sourced produce such as vegetables and meat.

Internet search

Locally sourced products in Scotland

In Scotland locally sourced products such as meat and vegetables can come from local farms grown and bred organic and sufficient. In Scotland meat is very popular and most local butchers will buy meat from nearby farms and sell it in their shop.

Whitemuir farm website.

<https://www.whitemuir.scot>

In west Linton whitmuir farm rear beef cattle sheep, pigs (bacon and pork), layer hens and turkeys for Christmas. They also grow seasonal vegetables such as carrots, mushrooms, broccoli and peas, soft fruit. The farm is all sufficient and organic.

On this website I found out about meat direct from the farm. This link lead me to find out information about whitmuir farm. The farm is based just 16 miles south of Edinburgh in the Scottish Borders. Whitmuir farm is a sufficient and an organic farm that's been running for 20 years. Their farm is made up of organic and free range hens, organic pigs to root and roam, organic sheep and cattle and organic plants are grown without the use of fertiliser and chemicals.

Locally grow foods taste better as they are probably picked within the past day or two. Several studies have shown that the average distance food travels from farm to plate is 1,500 miles.

In Scotland locally grown veg such as carrots, broccoli potatoes, onions, mushrooms and tomatoes can be found in local shops and sold at farmers markets around your local area.

yourlocalfarm.co.uk

Your local farm is based in slamannan, Falkirk. The farm has been in the family for over 150 years and is a family run business. This website told me what vegetables where grown in Scotland (Falkirk) and told me how they where grown. This link also told me about their free range eggs and how they rear there animals and what type of animals they had on their farm such as chicken, sheep, pigs and cows.

Conclusions

I found out that I can get these locally grown vegetables carrots, peas broccoli.. In my dish I will try to include these, so that I can make my dish with locally grown produce in it.

I also found out that there is a chicken farm that sells their meat in Scotland. I will try to include this as this helps my dish include locally sourced produce

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

Tomato based sauce with pasta, mushrooms cheese and rocket.

The tomato pasta will have mushrooms cheese and rocket in with a Tomato based sauce.

I think having locally grown products in my dish such as mushrooms is good as it's suitable as it's coming from the local area.

Pasta with a pesto sauce with added green veg.

This dish will be green in colour and will have peas and broccoli in it with pesto as a sauce.

I think these ingredients are suitable as they are locally grown and customers will know where the green veg has come from such as broccoli and peas.

Food product ideas

- 3 Cajun chicken pasta with carrots and broccoli
This dish will be pasta in a sauce with a creamy colour and broccoli and carrots in. It will be quite colourful because of the veg and will have a little bit of spice.
- I think this is a suitable dish as the carrots and broccoli can be bought locally from farms near by along with the chicken that comes from a local chicken farm.

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: Cajun chicken pasta with carrot and broccoli

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

50g of farfalle pasta
12g of butter
2.5ml garlic clove
100g of chicken breast
5 ml Cajun seasoning.
25g cream cheese
125ml of milk
1x 15ml spoon of Parmesan cheese
1g salt
50g carrots
50g broccoli

Method.

1. Put water on to boil for the pasta.
2. Chop carrots into 2cm / 0.2 cm batons. Break broccoli into small trees.
3. Chop chicken into 2cm pieces
4. Crush the garlic..
5. Cook pasta with carrots. After 5 minutes add broccoli and cook until just soft and drain.
6. In a small pan melt butter and add garlic. Cook for 30 seconds
7. Add chicken pieces and Cajun seasoning. Cook for 3-4 minutes until chicken is cooked through.
8. Add the milk and cream cheese, stirring until cream cheese has melted and sauce is smooth then simmer 2 minutes.
9. Stir in the drained pasta, carrots and broccoli into the sauce, add Parmesan cheese. Serve immediately whilst still hot.

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

Carrots.

In investigation 2 I found out that carrots are grown locally in Scotland. This is why I chose to use carrots in my ready meal to use local produce.

Broccoli

In investigation 2 I found that broccoli is grown locally in whitemuir farm. This is why I chose to put broccoli in my dish as it is locally sourced around the area.

Hot.

I found out in investigation 1 that People that buy ready meals prefer to eat a hot ready meal. This dish will be served hot so will hopefully appeal to people that buy ready meals.

Chicken

In my investigation I found out whitemuir farm in west Linton rear chicken that are free range and organic and sell the meat in their local shop. This is good as it helps support their local business and the customers understand where their meat is coming from and how it was reared.

Pasta dish

I found out on my second investigation that most people buy pasta dishes if they're buying a ready meal, so I have made my dish using pasta which will hopefully appeal to people in the supermarket