

Written Activity One

10 Questions!

1. What are the key considerations when comparing meals and dishes prepared in commercial and domestic or small-scale settings?

Sensory, physiological, economic, social, and health considerations.

2. What is the difference between commercial settings and domestic or small-scale settings?

Commercial settings involve large-scale production and sale of food for profit, while domestic or small-scale settings refer to personal or household contexts with limited production or consumption.

3. Why is sensory evaluation important when comparing food products?

Sensory evaluation helps assess the characteristics of food products, including appearance, aroma, taste, and texture, to determine their quality and desirability.

4. Give an example of a sensory consideration when comparing a commercially prepared burger to a homemade burger.

Visual appeal and homemade flavour are examples of sensory considerations that can differ between a commercially prepared burger and a homemade burger.

5. What are physiological considerations when comparing meals?

Physiological considerations involve assessing the impact of meals on the human body, including energy value, nutrients, portion sizes, and long-term health effects.

6. Compare the health implications of a fast-food meal to a balanced home-cooked meal.

A fast-food meal high in unhealthy fats and sugars can lead to weight gain and an increased risk of dietary-related diseases. In contrast, a balanced home-cooked meal with lean proteins, whole grains, and vegetables supports overall health.

7. What are economic considerations when comparing meals in home or small-scale settings?

Economic considerations involve factors such as ingredient costs, preparation time, and accessibility when comparing meals in home or small-scale settings.

8. Why are social considerations important when comparing meals?

Social considerations recognize the impact of cultural practices, dietary preferences, and social norms on the types of meals consumed, as well as the significance of shared meals in building relationships.

9. How does considering health factors impact meal choices and overall well-being?

Considering health factors allows individuals to make informed choices that align with their well-being goals, prioritising meals that provide necessary nutrients and support long-term health.

10. What are qualitative and quantitative measurements used for in the evaluation of food products?

Qualitative measurements involve subjective assessments of sensory attributes and consumer preferences, while quantitative measurements involve objective assessments of physical and chemical properties, as well as consumer ratings or rankings.

Written Activity Two

Comparing Meals in Commercial and Domestic Settings

Carefully read the scenario and information about two different restaurants below:

Scenario

You are a food critic tasked with comparing and evaluating two meals—one prepared in a commercial setting and the other in a domestic or small-scale setting. Your goal is to analyse the sensory, physiological, economic, social, and health considerations associated with each meal and provide a comprehensive assessment.

Commercial Setting



You visit a popular restaurant in town known for its innovative and sophisticated cuisine. The meal consists of a beautifully plated dish prepared by the restaurant's renowned chef. The chef incorporates indigenous Australian flavour combinations and artistic presentation techniques. While the restaurant values sourcing local ingredients, it also places a specific emphasis on utilising indigenous ingredients and supporting indigenous food businesses. The meal is priced higher compared to similar dishes in other establishments.

Domestic or Small-Scale Setting

You visit a family-owned cafe known for its homemade, comforting dishes. The meal is prepared by the cafe's passionate owner, who takes pride in using locally sourced, organic ingredients. The dish embodies traditional flavours from their own culture and nostalgic elements, reminiscent of family recipes passed down through generations. The meal is priced moderately and offers generous portions.

Find two images of meals on the internet, in magazines, or in recipe books that you feel represent each meal from the settings described in the scenario above.

Include the images below:

Commercial Setting	Domestic or Small-Scale Setting
	
<p>Describe the dish:</p> <p>Warrigal greens are sprinkled over locally caught scallops before being grilled alongside melted parmesan cheese. A butter is prepared by combining with Davidson plum powder.</p>	<p>Describe the dish:</p> <p>Generous amounts of pasta served with local seafood and summer vegetables from our own organic garden.</p>

Using the images as a stimulus, answer the following questions:

Sensory Considerations:

- How does the visual presentation of each dish enhance the overall dining experience?

<i>Commercial Setting</i>	<i>Domestic or Small-Scale Setting</i>
This dish is placed purposefully on a white plate with sauces and spices dotted around the scallops. It looks delicate and thoughtfully laid out.	This dish is still presented nicely but is tossed together and placed on the plate. There are no spills.

- In what ways might the sensory properties of each meal provide a memorable experience, and why do you think this?

A fancy restaurant can make a meal memorable by using really delicious flavours, smells, and textures that give you a unique experience. They also make the food look really pretty and pay a lot of attention to all the details, which makes it even more special and something you won't forget.

At a relaxed and casual restaurant, the food can make a memorable experience by being really tasty and comforting, like dishes you love and feel good eating. The place is easy-going, with friendly people serving you, and they use simple but yummy ingredients that make you enjoy your meal and remember it.

Physiological Considerations:

- How do you think the meals would 'fit' into the Australian Guide to Healthy Eating?

<i>Commercial Setting</i>	<i>Domestic or Small-Scale Setting</i>
<p>The Warrigal Greens contribute to the vegetable group, although there is not much of them.</p> <p>Seafood forms part of the protein group.</p> <p>The cheese belongs to the dairy group.</p> <p>However, the butter belongs in the discretionary section of the guide.</p>	<p>The pasta belongs to the grain group, but it is not wholegrain or wholemeal, as recommended by the guide.</p> <p>Seafood is part of the protein group.</p> <p>The Summer vegetables belong in the vegetable group.</p>

- Which meal aligns better with dietary guidelines? Why do you think this?

The domestic or small-scale setting meal aligns with the dietary guidelines the best. It doesn't seem to have any added salt, saturated fat or sugar. The commercial setting meal has a butter sauce that is high in fat and the sauces could also have other ingredients.

Economic Considerations:

- Look at the pictures of each dish; how might customers perceive the value they receive for their money in each of the meals?

The domestic or small-scale setting meal looks like it is better value for money because there is more in it, and it will likely keep someone feeling full for longer. Whereas the other meal has a very small portion, and it wouldn't keep someone full so it would be less value for money.

On the other hand, it seems that there has been more thought and consideration given to the flavours in the commercial setting meal. Some people might appreciate this and therefore consider this better value for money.

2. How would you describe the likely cost of the ingredients used in each meal?

Both meals contain similar ingredients; the domestic or small-scale setting meal is likely cheaper than the commercial setting meal because it is from a basic restaurant.

Social Considerations:

1. What dietary preferences or cultural traditions might be associated with each meal in the images?

The commercial setting meal doesn't seem to contain cereal foods and, therefore, may be gluten-free. Both meals could be for people who do not eat meat. If they have local ingredients, they could also be suitable for people concerned about the environment.

2. How could these meals contribute to social interactions and the building of relationships?

The domestic or small-scale setting meal could be shared with others; this would help develop connections with others. The commercial setting meal could also be shared with others. However, I am not sure you would do this in a "posh" setting.

Conclusion:

What are the potential advantages and disadvantages to consider when deciding between a meal from a commercial setting and a domestic or small-scale setting?

I would have to consider the type of meal I wanted and the atmosphere I was after. If I wanted to treat someone to something and tell them how important they were, I might take them to the commercial setting. But I might also take them to the domestic or small-scale setting so that we could relax and share a meal, in this way developing a connection.

Written Activity Three

Case Studies: Exploring Meal Considerations

In small groups, undertake a brainstorm about each of the questions posed.

Prepare a short presentation to the class summarising your groups analysis and insights.

Case Study 1: School Lunch Menu

How can you make sure the healthier options are visually appealing, tasty, and appealing to students' palates?

By using colourful fruits and vegetables, creative presentation techniques, and seasonings.

By conducting taste tests or surveys to gather student feedback can help tailor the menu to their preferences.

Case Study 1: School Lunch Menu

Your school is planning to revamp its lunch menu to provide healthier options for students. The current menu primarily consists of processed foods and sugary snacks. The school administration wants to incorporate more fresh and nutritious meals while considering various factors.

How can you make sure that the menu is nutrient-dense and portion sizes and balance is achieved?

By selecting nutrient-dense ingredients, including whole grains, lean proteins, and fresh produce.

By adhering to the AGtHE portion recommendations.

By using measuring utensils and scales to weigh servings.

By including different dietary options like soy milk or plant-based meats.

How can you make sure that the cost of ingredients and preparation fit within the school's budget while offering healthier alternatives?

By using bulk buying, joining up with local farms or distributors to get fresh and affordable ingredients.

By using seasonal produce,

By minimizing food waste can also contribute to cost savings.

How can you make sure the dietary preferences and cultural influences among the student population are addressed?

By conducting surveys or focus groups to gather information on students' dietary preferences, cultural backgrounds, and dietary restrictions.

By offering a variety of menu options that cater to different dietary needs and incorporating culturally diverse dishes.

How can you make sure the new menu promote overall health and support the students' well-being?

By incorporating balanced meals that provide essential nutrients and minimise the use of processed ingredients.

By educating students about the health benefits of the new menu and involving them in decision-making processes.

Case Study 2: Local Farmers Market

How can you make sure you highlight the quality and freshness of the produce to attract customers?

By displaying the produce in an appealing way, ensuring it is clean and labelled.

By offering samples and tastings to people.

By using signs and advertising the quality and freshness of the produce.

Case Study 2: Local Farmers Market

Your community is organising a farmers market to promote local agriculture and provide fresh produce to the residents. The market aims to support local farmers and encourage healthier eating habits.

How can you make sure that the customers are educated customers about the nutritional benefits of these foods?

By providing educational materials, such as brochures or pamphlets, that highlight the nutritional value and health benefits of consuming local and fresh produce.

By hosting cooking demonstrations or nutrition workshops.

How can you make sure that you have a balance between making the produce affordable for customers while ensuring fair prices for the farmers?

By discussing with farmers a fair price that reflects the quality and effort put into producing the goods.

By offering bundle deals or discounts for bulk purchases.

How can you engage the community and create a sense of belonging and support for local farmers?

By organising community events, such as farm tours or meet-and-greets with the farmers.

By working with local schools, organisations, or chefs to host workshops or cooking classes.

How can the farmers market contribute to a healthier community by providing access to fresh and nutritious food options?

By offering a variety of fruits, vegetables, and other locally produced foods.

By encouraging farmers to grow a variety of crops.

Case Study 3: Restaurant Sustainability

How can you make sure that the restaurant dishes are appealing?

By experimenting with creative flavour combinations.

By using different cooking techniques and creative plating.

Case Study 3: A local restaurant

Your community is organising a farmers market to promote local agriculture and provide fresh produce to the residents. The market aims to support local farmers and encourage healthier eating habits.

How can you make sure that customers are provided with healthy foods?

By carefully selecting ingredients that are locally sourced, organic, and free from artificial additives.

By making sure foods are seasonal and grown on farms that use sustainable farming methods.

How can the restaurant use sustainable ingredients and practices and is still profitable?

By minimising waste and buying in bulk.

By using solar electricity, collecting their own rain water and donating any leftover food to charities.

How can the restaurant communicate their sustainability efforts to customers and engage the community in supporting their initiatives?

By sharing their initiatives on their menu descriptions, signage, and online platforms.

By training their staff about how they are sustainable and for staff to share this with customers.

By asking local media, such as newspapers, to write a story about them.

How could a restaurants sustainable practices contribute to the overall well-being of customers and the environment?

By reducing energy consumption, these restaurants contribute to reducing climate change and conserving natural resources.

By conserving water they are making sure it is available for human consumption and farming.
By using local suppliers, they would be supporting local businesses and food sovereignty. It would also lessen the amount of carbon emissions due to transporting food.

By reducing the amount of food waste, this means less goes to landfill and doesn't contribute to global warming.

Case Study 4: Cultural Cuisine Fusion

How can you make sure the fusion dishes appeal to customers?

By carefully selecting ingredients and techniques that are not too different, or by offering a range of not that different to really different dishes.

By including some familiar ingredients in dishes so that people are more likely to try them.

By including a story about the main ingredient in each dish so people become more interested in tasking it.

Case Study 4: Cultural Cuisine Fusion

A restaurant owner is planning to create a menu that combines elements from different cultural cuisines. The goal is to celebrate diversity while creating fusion dishes that incorporate flavours and techniques from multiple traditions.

How can the fusion menu accommodate dietary preferences, allergies, and health-conscious customers?

By labelling menu items and providing detailed information about ingredients in each dish.

By making sure there is something on the menu that is suitable for a person with an allergy and/or intolerance.

By suggesting customers speak with waiter staff to organise a meal that caters for their dietary needs or request that customers ring ahead to organise a special meal.

How can the restaurant strike a balance between offering diverse cuisine and managing ingredient costs?

By making sure that the diverse cuisine and ingredients are not too expensive.

By making sure that ingredients can be sourced locally, even though they are different.

By using local ingredients but cooking in a diverse way or using diverse equipment.

How can the fusion menu represent a range of cultural traditions and influences?

By conducting thorough research on the culinary traditions and influences .

By talking with chefs or experts from different cultural backgrounds to ensure the menu accurately represents different cultural traditions and influences.

How can a fusion menu offers a balanced and nutritious options while maintaining the authenticity of each cultural cuisine?

By using wholegrains, lots of vegetables, lean meats and low fat dairy options.

By focusing on cultural food that is healthy.

By adhering to portion sizes rather than serving huge portions.

By having healthy options stand out on the menu or at eye-level to encourage customers to order the healthier options.

By identifying the options on the menu that are low in fat and follow the AGtHE.

Case Study 5: Home-based Cupcake Business

How could Emily create visually appealing and delicious cupcakes that stand out from the competition?

By experimenting with unique flavours, creative decorations, and innovative designs.

By using eye-catching colours, intricate detailing, and personalised touches (like people's names or initials on the cup cakes)

Case Study 5: Home-based Cupcake Business

Emily is passionate about baking and has started a cupcake business from her home kitchen. She bakes and decorates cupcakes for various occasions, such as birthdays, weddings, and special events. Emily wants to ensure the success of her business while considering different factors

How can Emily ensure the ingredients she uses to create cupcakes are tolerated by a wide range of customers?

By offering a variety of cupcake options that cater to dietary needs, such as gluten-free, dairy-free, or nut-free alternatives.

By clearly labelling ingredients.

By following strict procedures when she is cooking to ensure the cupcakes are free of the allergen or intolerance identified.

How can Emily price her cupcakes to cover her costs, including ingredients, packaging, and her time and effort, while remaining competitive in the market?

By conducting always pricing the ingredients of the cupcakes before deciding on the final cost to customers.

By calculating the time and effort required for preparation and decoration into the final cost to customers.

By sourcing quality ingredients at a cheaper price or by buying ingredients in bulk.

How can Emily engage with the local community and build a loyal customer base?

By supporting or donating to local schools.

By being present at Farmers Markets' and fetes etc.

By advertising on social media.

By offering a personalised service for special occasions and taking custom orders.

By getting local customers to submit positive feedback on her website or social media accounts.

How can she ensure the quality and safety of her cupcakes by following proper food handling and hygiene practices?

By adhering to local food safety regulations and implementing proper sanitation practices in her home kitchen.

By getting the local council to approve her home-based business.

By storing food properly, using fresh ingredients, and maintaining clean and hygienic workspaces.

Written Activity Four

Commercial vs. Domestic Cooking Showdown

Instructions:

- You will work in groups of 6-8 to debate one of the statements provided.
- Half of your group will form Team A (Agree) and the other half will form Team B (Oppose).
- Each team will need a researcher, speaker and rebuttal specialist.
- You will have 30 minutes to research and prepare your arguments.
- You will need to research some supporting evidence, examples, and relevant data to strengthen your argument.
- You will need to consider both sides of the debate to anticipate counterarguments.

Each group will consist of a researcher, first speaker, second speaker and a third speaker.

Debate Topic One: Meals or dishes prepared in commercial settings offer more convenience than those prepared in domestic or small-scale settings.

This debate topic explores the convenience factor associated with meals or dishes prepared in commercial settings compared to those prepared in domestic or small-scale settings. One team will argue in favor of the statement, while the other team will argue against it.

Here's how the debate can be structured:

- Team A (Affirmative Side): Meals or dishes prepared in commercial settings offer more convenience.
- Team B (Negative Side): Meals or dishes prepared in domestic or small-scale settings are equally or more convenient.

Speech Sequence:

Team A - First Affirmative Speaker

Presents the opening statement for the affirmative side, supporting the idea that meals or dishes prepared in commercial settings offer more convenience.

Introduces arguments.

Provides supporting evidence, examples, and case studies.

Team B - First Negative Speaker

Presents the opening statement for the negative side, arguing that meals or dishes prepared in domestic or small-scale settings are equally or more convenient.

Counters the arguments presented by Team A's first speaker.

Provides supporting evidence and/or examples.

Team A - Second Affirmative Speaker

Delivers a rebuttal speech in response to the arguments raised by Team B's first speaker.

Challenges and refutes the points made by the negative side.

Reinforces the main arguments supporting the convenience of commercial food preparation.

Provides supporting evidence and/or examples.

Team B - Second Negative Speaker

Delivers a rebuttal speech in response to the arguments raised by Team A's second speaker.

Challenges and refutes the points made by the affirmative side.

Repeats the main arguments supporting the convenience of domestic or small-scale food preparation.

Provides supporting evidence and/or examples.

Team A - Third Affirmative Speaker

Delivers the closing statement for the affirmative side.

Summarises the main arguments supporting the convenience of meals or dishes prepared in commercial settings.

Repeats the key points made by the affirmative team.

Makes a final persuasive appeal to the audience.

Team B - Third Negative Speaker

Delivers the closing statement for the negative side.

Summarises the main arguments supporting the convenience of meals or dishes prepared in domestic or small-scale settings.

Reiterates the key points made by the negative team.

Makes a final persuasive appeal to the audience.

Debate Topic: Meals or dishes prepared in domestic or small-scale settings are better than ones prepared in commercial settings.

This debate topic explores the idea that meals or dishes prepared in commercial settings are better than those prepared in domestic or small-scale settings. One team will argue in favor of the statement, while the other team will argue against it.

Here's how the debate can be structured:

- Team A (Affirmative Side): Meals or dishes prepared in domestic or small-scale settings are better.
- Team B (Negative Side): Meals or dishes prepared in commercial settings are better.

Speech Sequence:

Team A - First Affirmative Speaker:

Presents the opening statement for the affirmative side, supporting the idea that meals or dishes prepared in domestic or small-scale settings are better.

Introduces arguments highlighting reasons why meals or dishes prepared in domestic or small-scale settings are better.

Provides supporting evidence and/or examples.

Team B - First Negative Speaker:

Presents the opening statement for the negative side, arguing that meals or dishes prepared in commercial settings are better.

Counters the arguments presented by Team A's first speaker.

Introduces reasons why meals or dishes prepared in commercial settings are better.

Provides supporting evidence and/or examples.

Team A - Second Affirmative Speaker:

Delivers a rebuttal speech in response to the arguments raised by Team B's first speaker.

Challenges and refutes the points made by the other team.

Reinforces the main arguments why meals or dishes prepared in domestic or small-scale settings are better.

Provides additional evidence and/or examples.

Team B - Second Negative Speaker:

Delivers a rebuttal speech in response to the arguments raised by Team A's second speaker.

Challenges and refutes the points made by the other team.

Reinforces the main arguments why meals or dishes prepared in commercial settings are better.

Provides additional evidence, examples, and case studies.

Team A - Third Affirmative Speaker:

Delivers the closing statement for the affirmative side.

Summarises the main arguments supporting the idea that meals or dishes prepared in domestic or small-scale settings are better.

Reiterates the key points made by the affirmative team.

Makes a final persuasive appeal to the audience.

Team B - Third Negative Speaker:

Delivers the closing statement for the negative side.

Summarises the main arguments why meals or dishes prepared in commercial settings are better.

Reiterates the key points made by the negative team.

Makes a final persuasive appeal to the audience.

Practical Activity One

Homemade Versus Commercial Cottage Pies

In this activity, we will be comparing a homemade sweet potato cottage pie and a commercial one. You will evaluate their sensory properties (such as taste, texture, aroma, appearance) and assess their nutritional value using the Australian Guide to Healthy Eating and the Australian Dietary Guidelines.

Instructions:

1. Prepare the commercial sweet potato cottage pie according to the packet instructions.
2. Prepare the homemade sweet potato cottage pie recipe below.
3. Complete the sensory and nutritional analysis activities.

Sweet Potato Beef Cottage Pie

Ingredients:

1 small sweet potato (about 150 grams)	100-120 grams ground beef or lamb
2 teaspoons butter	¼ cup frozen peas
60 ml milk	½ small to medium-sized carrot, diced
Salt and pepper to taste	2 teaspoons tomato paste
2 teaspoons olive oil	1 teaspoon Worcestershire sauce
¼ medium-sized onion, diced	60 ml beef broth
1 garlic clove, crushed	2 sprigs fresh parsley

To prepare the potatoes:

1. **Half-fill** a saucepan with water and bring to the boil.
2. **Peel** and **dice** the sweet potato into small cubes.
3. **Place** them in the boiling water and **cook** for about 10-15 minutes, or until tender.
4. **Drain** the sweet potatoes and **return** them to the pot.
5. **Add** butter and milk. **Mash** the sweet potatoes until smooth.
6. **Season** with salt and pepper to taste.
7. **Set aside**.

To prepare the filling:

1. In a frypan, **heat** olive oil over medium heat.
2. **Add** the diced onion and minced garlic. **Sauté** until the onion becomes translucent.
3. **Add** the minced beef to the frypan and cook until browned.
Make sure to break up any large chunks of meat.
4. **Stir** in the frozen peas, diced carrots, tomato paste, Worcestershire sauce, and beef broth.
Cook for about 5 minutes, or until the vegetables are slightly tender.
5. **Season** with salt and pepper to taste.

To assemble and bake:

1. **Preheat** your oven to 200°C (180°C fan-forced).
2. **Transfer** the beef and vegetable mixture to an oven-safe dish.
3. **Spread** the mashed sweet potatoes evenly over the top.
4. **Place** the dish in the preheated oven and **bake** for about 20 minutes, or until the sweet potato topping is slightly golden.
5. **Remove** from the oven and let it cool for a few minutes.
6. **Garnish** with chopped parsley if desired.

Sensory and Nutritional Evaluation

In this activity, you will conduct a SWOT (Strengths, Weaknesses, Opportunities, Threats) analysis to compare the sensory and nutritional value of the commercial and homemade sweet potato cottage pies.

Strengths
What nutritional benefits does the commercial pie offer?
Does the homemade pie contain a variety of nutritious ingredients?
Are there any specific strengths in terms of taste, texture, or visual appeal?
Weaknesses
Does the commercial pie contain any ingredients that may be considered unhealthy?
Are there any nutritional deficiencies in the homemade pie?
Does either pie contain excessive amounts of saturated fat, added salt, added sugars, or alcohol?
Are there any sensory aspects (taste, texture) that could be improved in the commercial or homemade pie?

Opportunities

Are there opportunities to include more vegetables in the commercial pie?

Can the homemade pie be modified to better incorporate all the food groups recommended by the guidelines?

Can the commercial pie be marketed in a way that emphasises its nutritional value?

Are there any opportunities to enhance the taste, texture, appearance and aroma of the commercial or homemade pie?

Threats

Are there external factors that may limit the availability of fresh, nutritious ingredients for the commercial pie?

Does the homemade pie face any challenges in terms of time constraints or cooking methods that may affect its adherence to the guidelines?

Are there any threats to the overall nutritional quality of either pie due to additives, preservatives, or processing methods?

Practical Activity Two

Taco Tales

Imagine a young boy, mesmerised by the captivating aroma and flavours of his Grandmother's pork tacos, a treasured family recipe. Now envision that boy as a grown man, a master of modern cuisine, with his own upscale restaurant. This talented man has meticulously developed a contemporary rendition of his Grandmother's beloved pork taco.

Your task is to create his contemporary version of his Grandmother's pork tacos.

Contemporary Tacos al Pastor

Pork Ingredients:	
250 grams pork shoulder or pork loin	1 small onion, finely chopped
1 tablespoon achiote paste (*see note below)	2 sprigs fresh coriander, finely chopped
20 ml lime juice	Salt and pepper
2 garlic cloves, crushed	Vegetable oil
To marinate the pork: 1. In a blender, combine the achiote paste, pineapple juice, lime juice, garlic, onion, coriander, salt, and pepper. 2. Blend until smooth. 3. Place the pork shoulder or loin in a bowl and pour the marinade over the meat. Ensure it is well coated. 4. Marinate for at least 4 hours or overnight in the refrigerator. (This could be done in a single lesson).	
To cook the pork: 1. Preheat the oven to a 220°C (200°C celcius). 2. Place the marinated pork in a baking dish and roast until cooked through and caramelised, with crispy edges. This make take about 15 minutes. 3. Remove the cooked pork from the oven and allow to rest for a few minutes. 4. Slice the pork into thin strips.	
Pineapple Foam Ingredients:	
2 slices of pineapple, (fresh or canned)	100 ml pineapple juice
To make the foam: 1. In a blender, combine the pineapple slices with a small amount of pineapple juice. 2. Blend until smooth. 3. Pass the mixture through a fine-mesh sieve to remove any solids. 4. Transfer the liquid to a whipped cream dispenser or use an immersion blender to create foam.	
Guacamole Ingredients:	
½ ripe avocado	½ small garlic clove, minced
¼ lime, juiced	1 sprig coriander, finely chopped
½ small tomato, diced	Salt and pepper to taste
1/8 red onion, finely chopped	
To make the guacamole: 1. Cut the avocado in half, remove the pit, and scoop out the flesh into a bowl. 2. Mash the avocado with a fork until you achieve your desired consistency.	

3. **Squeeze** the juice of half a lime over the mashed avocado and **mix** well.
4. **Add** the diced tomato, finely chopped red onion, minced garlic, and chopped cilantro (if using) to the avocado mixture.
5. **Season** with salt and pepper to taste.
6. **Mix** all the ingredients together until well combined.
7. **Taste** and **adjust** the seasoning or **add** more lime juice if desired.

To pipe the guacamole on the plate:

1. **Fit** a piping bag with a round or star-shaped piping tip.
2. **Spoon** the guacamole into the piping bag, ensuring it is filled without any air pockets. **Twist** or **fold** the open end of the bag to secure the guacamole.
3. **Hold** the piping bag with one hand and gently **squeeze** to release the guacamole from the tip.

Lime and Tomato Juice Sphere Ingredients:

Sodium alginate	lime juice
Calcium chloride	tomato juice

To make the spheres:

1. In a dropper or small syringe, carefully **drop** small droplets of guacamole into the sodium alginate solution.
2. **Let** the droplets sit in the sodium alginate bath for a few minutes to form a gel layer.
3. Using a slotted spoon, **transfer** the guacamole droplets from the sodium alginate solution to the clean water bath to rinse off excess sodium alginate.
4. Gently **collect** the rinsed guacamole spheres from the water bath and set them aside.

Tortilla Crisps Ingredients:

4 small corn tortillas	1 to 2 teaspoons chipotle peppers in adobo sauce
4 tablespoons Greek yogurt or sour cream	2 teaspoons olive oil

To assemble the tortillas:

1. **Preheat** the oven to 180°C (160°C fan-forced).
2. **Cut** the corn tortillas into small triangle shapes.
3. **Brush** both sides of the tortilla pieces with vegetable oil and **sprinkle** with salt.
4. Arrange the tortilla pieces in a single layer on a baking sheet and bake until crispy and golden brown.
5. **Mix** the Greek yogurt or sour cream with chipotle peppers in adobo sauce.

To assemble the tacos:

1. **Arrange** slices of the roasted and caramelised pork on a plate, creating an appealing visual arrangement.
2. **Drizzle** some of the remaining marinade over the pork for added flavour.
3. **Dispense** the pineapple foam around the plate or directly on the pork.
4. **Arrange** the piped guacamole, and spheres on the plate.
5. **Garnish** with tortilla crisps. **Serve**.

Achiote Paste Ingredients:

1 tablespoons + 2 teaspoons paprika	1 teaspoon garlic powder
1 tablespoon white vinegar	¼ teaspoon oil
¾ teaspoon dried oregano	¼ teaspoon ground cumin

To make the achiote paste:

1. Mix the spices and oil together and store any extra paste in the refrigerator for up to 2 weeks.
2. Only use the amount stated in the recipe.
3. Use as required.

Note: This is the recipe for achiote paste. Only use one tablespoon of this in the recipe.

Sensory Considerations:

1. How do the flavours of the traditional homemade taco and the contemporary modern taco differ?

2. What are the variations in textures between the two tacos?

3. How does the appearance of the two tacos differ?

4. Which taco has a more appealing aroma?

Physiological Considerations:

How does each taco make you feel physically and emotionally after consumption?

Do you notice any differences in your energy levels or satiety between the traditional and contemporary tacos?

Are there any specific ingredients or spices in either taco that may have a physiological impact, such as aiding digestion or providing a sense of comfort?

Economic Considerations:

Which taco requires more expensive or harder-to-find ingredients?

In terms of cost, which taco is more budget-friendly?

Are there any economic implications for sourcing ingredients sustainably or supporting local producers in either taco?

Social Considerations:

How do the traditional and contemporary tacos evoke different cultural or social associations?

Which taco is more likely to resonate with a wider range of people in terms of familiarity and nostalgia?

Are there any social considerations related to the presentation or dining experience of each taco, such as shared meals or individual servings?

Health Considerations:

How do the nutritional profiles of the traditional and contemporary tacos compare?

Are there any specific health benefits or concerns associated with certain ingredients used in either taco?

Does one taco align more with specific dietary preferences or restrictions, such as vegetarian, gluten-free, or low-sodium?

Summary Activity

Complete the following tasks.

What is the main idea about this key knowledge and key skills?	
<p>Write two or three sentences in your own words.</p> <p>These key skills and knowledge encompass the evaluation of meals and dishes in various settings, be it commercial, domestic, or small-scale. They entail considering sensory attributes, physiological effects, economic implications, social factors, and health considerations when comparing food options. Additionally, understanding and applying principles of sensory evaluation enables accurate assessment of food products, facilitating informed comparisons.</p>	
How do commercial and domestic or small-scale settings differ in the context of meal preparation and service?	
<p>Commercial settings involve large-scale meal preparation and service for profit, employing specialised staff and commercial-grade equipment. They focus on consistency, efficiency, and adherence to regulations. Domestic or small-scale settings, in contrast, cater to a smaller audience using household appliances and rely on a smaller group of individuals. They offer more flexibility, personalised experiences, and can accommodate individual preferences. Profitability and standardization are less emphasised, allowing for greater variation in menu options and approaches to meal preparation.</p>	
Outline how each of the considerations listed below differ between commercial and domestic or small-scale settings.	
Sensory Considerations	<p>Commercial settings may invest in unique ingredients and complex flavours, while domestic settings may embrace simplicity and home-style cooking. Both settings consider sensory aspects, but their emphasis and approach may differ based on their scale and goals.</p> <p>Food made in a commercial setting tends to have consistent sensory properties, complex flavours, and visually appealing presentations. Domestic or small-scale settings offer more variation in sensory properties due to personal preferences and that the food is homemade. Commercial settings prioritise standardization and quality control, while domestic settings focus on providing food that meets customers needs or what is available.</p>
Physiological Considerations	<p>Physiological considerations differ between commercial and domestic/small-scale settings. Commercial settings may have larger portion sizes, use processed ingredients, and prioritise taste over health. Domestic settings offer customisation, prioritise nutritional quality, and accommodate dietary restrictions. Commercial settings may face limitations in menu options for specific needs. Domestic settings have more control over cooking techniques and can prioritise healthier methods.</p>
Economic considerations	<p>Economic considerations differ between commercial and domestic/small-scale settings. Commercial establishments have additional expenses like staff wages and rent, making their meals appear more expensive. Home-cooked meals can be cost-effective by choosing affordable ingredients, adjusting portion sizes, utilising sales and leftovers, and developing cooking skills. Considering economic factors empowers individuals to make budget-friendly choices and enjoy satisfying meals without overspending.</p>

Social Considerations	<p>Social considerations differ between commercial and domestic/small-scale settings. Small-scale domestic settings foster community engagement and provide personalised, familiar dining experiences. They often have a stronger connection to cultural practices and traditions. Commercial settings offer a social atmosphere, prioritise accessibility and inclusivity, and cater to a broader customer base. Each setting has unique advantages, with domestic settings emphasising personalisation and cultural significance, while commercial settings offer accessibility and diverse social experiences.</p>
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Exam Preparation

Multiple-Choice Questions (5 marks)

Choose the response that is correct or that **best answers** the question.

Question 1

Which of the following best describes a small-scale food business?

- a. A business that produces and sells food products on a large scale for profit.
- b. A business that operates within a household or individual's personal space for personal or household purposes.
- c. An establishment that ensures efficiency and consistency in the preparation and presentation of meals using professional chefs, trained staff, specialised equipment, and processes.
- d. A business that focuses on serving food in restaurants or fast food chains.

The correct answer is B. This answer captures the essence of a small-scale food business, which often starts in home kitchens or personal spaces and might cater to local customers or friends and family. This type of operation is typically smaller in terms of production and reach.

Question 2

What kind of establishment typically represents a commercial food setting rather than a small-scale domestic setting?

- a. Café in a housing estate
- b. Restaurant
- c. Home catering business
- d. Church tearoom

The correct answer is B.

A restaurant (option b) is the most indicative of a commercial food setting when compared to the other options provided.

Question 3

Which of the following sensory aspects are important when evaluating and comparing food products?

- a. Appearance, aroma, taste, and overall palatability.
- b. Packaging, convenience, and freshness.
- c. Ingredients, preparation time, and nutritional value.
- d. Price, brand reputation, and portion size.

The correct answer is A.

These are all sensory aspects that directly affect an individual's experience and perception of a food product.

Question 4

Which of the following factors should be considered when comparing meals from a physiological perspective?

- a. Taste, convenience, and overall satisfaction.
- b. Cooking methods, recipe complexity, and ingredient variety.
- c. Price, availability, and cultural significance.

- d. Energy value, nutrients, portion size, and impact on health.

The correct answer is D.

A Energy value, nutrients, portion size, and impact on health - All of these are directly tied to how the body processes, uses, and is affected by the food consumed, making them relevant for a physiological perspective.

Question 5

All of the following are examples of social considerations except:

- a. The ability to share a meal.
- b. The fostering of connectedness creates memories and strengthens relationships.
- c. The sugar content.
- d. The creation of memories.

The correct answer is C.

Sugar content is a nutritional or health consideration, not a social one.

Short Answer Questions (9 marks)**Question 1** (3 marks)

Explain why it is important to consider physiological factors when choosing meals for our health. Provide an example of one physiological factor.

For 1 x 2 marks, the student needed to explain why it is important to consider physiological factors when choosing meals for our health.

For 1 x 1 mark, students need to provide an example of one physiological factor.

A sample response is provided below:

Ensuring a meal has the right amount of nutrients, vitamins, and minerals for good health is important. If we do not get the right amount of nutrients then we might not get the nutrients we need and we could suffer additional problems such as osteoporosis or constipation.

Question 2 (2 marks)

Compare qualitative and quantitative measurements in the evaluation of food products.

For 1 x 2 marks, the student needed to compare qualitative and quantitative measurements in the evaluation of food products consist of.

Qualitative measurements include such things as descriptive assessments that characterise the sensory attributes of a food product. Whereas quantitative measurements include things like objective and numerical data collection methods.

Question 3 (4 marks)

Discuss why meals in a restaurant setting might be more expensive than meals produced in a domestic-style small-scale food business.

For 2 x 2 marks, the student needed to provide two reasons why meals in a restaurant setting might be more expensive than meals produced in a domestic-style small-scale food business in detail.

Or

For 1 x 4 marks, the student needed to provide four brief reasons why meals in a restaurant setting might be more expensive than meals produced in a domestic-style small-scale food business.

Meals in restaurants typically cost more than those produced in a domestic-style small-scale food business due to several reasons:

- Restaurants have higher overheads, including rent for prime locations, utilities, licensing, and insurance.
- Restaurants employ professional chefs, servers, cleaners, and management staff, all of whom need to be paid wages. In contrast, domestic-style small-scale food businesses might have fewer employees or be run by a single individual or family.
- Dining in a restaurant isn't just about the food; it's about the entire experience. The ambience, decor, music, and service quality all contribute to the dining experience, and these factors are incorporated into the price.
- Many restaurants pride themselves on using high-quality ingredients, some of which may be gourmet or imported. Offering a diverse menu with a variety of dishes also requires maintaining a larger inventory of ingredients, which can be costlier.

- Restaurant dishes often undergo complex preparation processes with specialized equipment, and a lot of emphasis is placed on presentation, which adds to the time and effort required for each dish.
- Restaurants need to ensure they operate profitably. Hence, a mark-up is added to the actual cost of the dish to cover all expenses and generate a profit.

In contrast, domestic-style small-scale food businesses may operate with lower overheads, use locally sourced ingredients, and focus more on home-style cooking without the frills of restaurant presentation, allowing them to offer meals at a reduced cost.