

Unit 2.2.2

Effective Planning, Management and Decision Making in the Home

Key Knowledge 2.2.2

Influences on effective planning, management and decision making in the provision and preparation of food in the home, including resources such as time and money, and values such as health and sustainability.

Key Skills 2.2.3

Develop and demonstrate food knowledge and skills through consideration of the principles of effective planning, management, preparation and cooking of food.

Key Skills 2.2.8

Design and develop a practical food solution in response to an opportunity or a need in a domestic or small-scale setting.

Key Skills 2.2.9

Undertake practical activities to explore domestic and small-scale commercial food production.

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Key Terms and Definitions

Decision making is the process of choosing the best option among several alternatives.

The term **resource** refers to a supply of something that is available for use and can help achieve an objective. Examples of resources include time, which can be allocated to various tasks, and money, which can be used to purchase goods or services.

The term **value** refers to the importance or worth of something, determined by personal beliefs, needs, or goals. For example, if health or sustainability are high priorities for someone, they may assign greater value to options that align with these areas, such as choosing nutritious foods or supporting eco-friendly practices.

Effective Planning, Management and Decision Making in the Home

Have you ever tried to cook a meal and found yourself without an important ingredient? Maybe halfway through cooking you realised you didn't have enough time to prepare the dish? Both situations demonstrate the importance of effective planning and management in the kitchen.

When you plan effectively, you are more likely to know what you're going to cook, ensure you have all the necessary ingredients, and the required amount of time to cook your dish. You are more likely to account for every detail, from shopping for groceries to preheating the oven, to chopping vegetables and measuring spices. When you plan well, you save time, reduce stress, and often have a great meal at the end of the process.

Managing your resources, particularly time and money, plays an important role in meal preparation. Imagine you're a student on a strict budget and schedule. You'll want to choose meals that are inexpensive and can be prepared quickly like a simple pasta dish rather than a steak dinner.

Understanding how to effectively plan and manage your resources in the kitchen is an important life skill. Not only does it enable you to prepare delicious meals, but it also helps you learn to be responsible, make decisions and manage resources effectively.

Time as a Resource

Time is an essential resource in the kitchen, and it plays a significant role in how we plan, manage, and make decisions about food preparation.

Meal Planning and Shopping

One of the first ways that time impacts food preparation is when you are meal planning and shopping. If you're short on time, you may choose quicker, simpler recipes to prepare. For such instances, home meal kits or grocery delivery services can be incredibly beneficial.

Home meal kits are pre-packaged boxes containing all the necessary ingredients for a specific meal along with an easy-to-follow recipe. These kits can save you the time it takes to plan meals and shop for individual ingredients. They also eliminate the worry of missing any crucial ingredient. The meals range from simple to gourmet, catering to various cooking times and skill levels.

Grocery delivery services, on the other hand, provide the convenience of online shopping and delivery directly to your doorstep, which can save travel and queueing time at the grocery store. This way, even if you're opting for more complex recipes, you can easily order all your needed ingredients online and have them delivered, thus saving on the shopping time.

If you have more time, you may be inclined to try a new or more complex recipe that requires a range of ingredients and more time to prepare. This means spending more time shopping for those specific ingredients, possibly even visiting specialty stores to find them. In such cases, you might choose to personally visit stores to select your ingredients, enjoying the process as part of the overall cooking experience.

Preparation Time

Once you've got your ingredients, the next step is cooking. The actual cooking time depends on the dish. Some require long, slow cooking, such as roasts or stews, while others, like stir-fries or pasta dishes, can be made quickly. Then there are meals like One Pan Dinners, or the meals made through the meal prepping method, which are both time-saving and convenient.

If you're in a rush or have a busy schedule, you might prefer a quick 30-minute meal. This is where One Pan Dinners and meal prepping can come in handy. One Pan Dinners are meals where all the ingredients are cooked together in one pan, saving on preparation, cooking, and even cleaning time. Examples include a hearty stir-fry, a flavourful pasta dish, or a quick and easy roast chicken with vegetables - all made in one pan.

Meal prepping or batch cooking, on the other hand, involves preparing and cooking meals in advance, typically for the entire week. This method, which has turned into a popular movement, is efficient and saves you time during busy weekdays. With meal prepping, you spend a chunk of time on one day cooking meals, and then throughout the week, all you need to do is reheat and serve. It's particularly useful for people with busy schedules, helping to ensure they have homemade meals ready to go.

On the other hand, if you have more available time, you might decide to make a dish that requires a slow and low cooking method to bring out the flavours. Understanding how long a meal takes to prepare and cook is crucial for effective planning and kitchen management. By having a range of meal types, from quick meals to slow-cooked dishes, and methods like One Pan Dinners and meal prepping, you can adapt your cooking to fit the time you have available.

Time Management During Cooking

Multitasking is an important part of cooking, especially when preparing different parts of a meal at the same time. For instance, while a pot of rice is simmering, you could be chopping vegetables for a salad, or while your chicken is in the oven, you could be preparing a sauce on the stovetop.

Effective time management skills can make the difference between an enjoyable cooking experience and a stressful one. Effective management also influences the decision-making process during cooking—if one task is taking longer than expected, you need to quickly what to do to make sure everything is ready at the same time.

Money as a Resource

Money plays a significant role in determining what we eat, how we prepare our meals, and the quality of the food we eat. By learning to manage your food budget effectively, you can make good decisions that balance the cost, convenience, and nutrition.

Meal Planning and Grocery Shopping

The first step where money impacts food preparation is when you are meal planning and grocery shopping. Depending on your budget, you'll need to make careful decisions about what types of meals you can afford to prepare.

If you're on a tight budget, you might choose more economical ingredients and simpler dishes that stretch further, such as pasta or rice-based meals. In such situations, strategies like buying in bulk and taking advantage of sales or special offers can be highly beneficial for managing your finances effectively.

Buying in bulk usually offers a lower cost per unit for items, making it a budget-friendly option. It's particularly useful for non-perishable items such as pasta, rice, canned goods, and spices, or items that can be frozen for later use like meats or bread. However, it's important to note that buying in bulk requires having the necessary storage facilities and a reasonable amount of money available upfront.

Similarly, buying items on sale can help to reduce costs. Many grocery stores have weekly sales on a variety of items, and taking advantage of these discounts can lead to significant savings over time. It might also influence your meal planning process, as you could plan meals around what's on sale for the week.

Alternatively, a larger budget allows for a wider variety of ingredients, maybe even high-quality or gourmet items like organic produce, or specialty foods. How much money you have can influence everything from the type of cuisine you cook, the ingredients you purchase, and even the stores where you shop. With a larger budget, you might be able to afford more unique ingredients and experiment with different types of dishes. Regardless of your budget size, effective planning and wise decision-making can help you make the most of your resources.



Cookware and Kitchen Equipment

How much money you have can also influence the kind of cookware and kitchen equipment you can afford. High-quality knives, pots and pans, blenders, mixers, and other specialty appliances like thermomixers and air-fryers can make food preparation easier and more enjoyable, but they can also be quite expensive.

Having the right equipment can make your cooking more efficient, and even enable you to cook a wider variety of dishes. However, if budget is a concern, you'll need to think carefully about what you buy, starting with a few essential items and gradually building up what you buy is a wise decision.

Choosing Between Convenience and Cost

Pre-chopped vegetables, ready-made meals, or meal kits are very convenient and can save a lot of time, but they can also be more expensive than buying whole, raw ingredients and preparing them yourself.

If your budget is tight, you might save more time cooking by cooking foods from scratch rather than buying convenience foods. On the other hand, if you have more financial flexibility, you might decide to pay for convenience to save time and effort, especially if you have a busy schedule.



Health as a Value

The value we place on health greatly shapes our approach to food provision and preparation at home. When health is a valued aspect of our lives, it impacts what we buy, how we cook it, how much we consume, and even how much we're willing to spend. By placing a priority on health, we can make choices that nourish our bodies and promote overall well-being.

Education about Healthy Eating

The Australian Guide to Healthy Eating (AGTHE) and the Australian Dietary Guidelines (ADGs) are essential resources for anyone wanting to understand and implement healthy eating habits.

This Australian Guide to Health Eating is a food selection guide which visually represents the proportion of the five food groups recommended for daily consumption. It is a straightforward tool for learning about balanced nutrition and endorsed by the Australian Government's Department of Health. The visual representation makes it easy to understand the food groups and the proportion each group should make up in your daily diet.

[Click here](#) to find out about the AGtHE.

The Australian Dietary Guidelines (ADGs) provide up-to-date advice about the amount and types of foods we need to eat for health and wellbeing. The ADGs are more detailed than the AGTHE, and they also include advice about physical activity. Each guideline is explained with details about why it's important and how you can implement it.

[Click here](#) to find out about the ADGs.

Watch this video to find out more about the AGtHE and ADGs: <https://youtu.be/QKWa3bRa4aM>

Choosing Nutrient-Dense Foods

When health is a priority, it influences the types of foods we choose to buy and cook. If health is important to us then, we are more likely to choose fresh fruits and vegetables, lean proteins, whole grains, and other nutrient-dense foods. We might avoid or limit our consumption of processed foods, high-fat meats, and sugary snacks.

Portion Control and Meal Planning

Effective planning with a focus on health also involves the practices of mindful eating and portion control. Mindful eating is a technique that involves being present and aware of your eating experiences — paying attention to the sensory properties of the meal. It's about appreciating the food you are eating, eating your food slowly, focusing on what you are eating and recognising when your body is satisfied.

Portion control refers to determining the right amount of a particular food to eat. This is important because consuming too much of any food, even if it's healthy, can lead to weight gain and other health problems. Therefore, when planning meals, you might use smaller plates or bowls to control portion sizes or using measuring tools to ensure accurate servings. These practices combined promote healthier eating habits and a better relationship with food.

Watch this video about portion sizes: <https://youtu.be/repZet0Rw4A>

Preparation Methods

The value of health also influences how we prepare our food. For example, we might choose to grill, bake, or steam our food rather than deep-frying it to reduce fat content. We might also choose to use herbs and spices for flavouring rather than using high-sodium sauces or condiments in our cooking. Choosing healthier cooking methods can significantly enhance the nutritional value of our meals.

Considering Dietary Restrictions and Preferences

If you or a family member has specific dietary needs or restrictions (such as allergies, intolerance, or health conditions requiring a special diet such as coeliac disease), these must be considered when planning and preparing meals. This might mean avoiding certain foods, finding suitable substitutes, or altering recipes to meet these dietary needs.



Sustainability as a Value

The value of sustainability can influence every step of effective planning, management and decision making in the provision and preparation of food in the home. Prioritising sustainability in our food choices can contribute to a healthier planet and a more sustainable food system.

Choosing Locally Sourced Foods

When we value sustainability, we often choose locally sourced foods to minimise the environmental impact associated with transporting goods over long distances. Buying local foods also supports local farmers and the local economy. This choice influences not only what we buy but also where we shop—for instance, farmers' markets and local food co-ops.

Choosing Seasonal Produce

Buying fruits and vegetables that are in season is another way to promote sustainability. Seasonal produce is often fresher, tastier, and more nutrient-dense because it hasn't been stored for long periods. Additionally, seasonal food can sometimes be grown locally, reducing the carbon footprint associated with transportation. This value may influence meal planning as you might base your meals around what produce is currently in season.

Reducing Food Waste

Effective planning and management of meals can significantly reduce food waste, a critical aspect of sustainability. This might involve planning meals so that all parts of an ingredient are used, saving and reusing leftovers, or composting food scraps.

Watch this food about reducing waste when shopping and planning your meals: <https://youtu.be/sqqFzqLFmoY>

Choosing More Plant-Based Foods

Adopting a sustainability-focused approach often advocates for more plant-based foods in your diet, due to their typically lower environmental impact compared to animal-based foods. Even without being vegetarian or vegan, incorporating more plant-based meals or adopting a "flexitarian" approach can contribute to a more sustainable food system. A flexitarian is a person who primarily follows a plant-based diet but occasionally includes meat or fish in their meals.

One popular initiative that promotes this concept is the "Meatless Monday" movement. This campaign encourages people to forgo meat one day a week to reduce meat consumption and its associated environmental impact. By participating in Meatless Monday, you can experiment with diverse plant-based meals, and contribute to improving sustainability, even if you're not entirely eliminating meat from your diet. Following such initiatives not only adds variety to your meals but also helps in making an impactful contribution to the planet's health.

Watch this video about why eating more plant-based food is good for the planet: <https://youtu.be/zetxZga2F1I>



Cooking Skill and Knowledge Development

To develop and demonstrate food knowledge and skills, a deep understanding of planning, management, preparation, and cooking principles is important. These principles will guide you to be more organised, efficient, and creative in your cooking endeavours.

For instance, if you plan to cook a complex dish, it requires in-depth knowledge about each ingredient and how they interact with each other during cooking. It's also important to know how to manage your kitchen resources effectively—like understanding the shelf life of each ingredient or how to properly store them.

Cooking skills, such as proper knife handling or mastering different cooking techniques (boiling, sautéing, grilling, baking, etc.), can make the process more efficient. Additionally, understanding nutritional values and the benefits of various foods, such as those high in protein, fibre, or specific vitamins, contributes to healthier cooking and eating habits.

In the realm of sustainability, knowing how to make use of every bit of your ingredients (also known as "nose-to-tail" or "root-to-stem" cooking) helps reduce food waste and promotes sustainability. This can be achieved by using vegetable scraps to make a hearty stock or by using leftover meats to create flavourful fillings for pies or pastas.

By continuing to learn and improve your cooking skills, you're not just creating delicious meals but also developing a valuable life skill that benefits your health, your budget, and the environment.



Written Activity One

10+ Questions!

1. Describe a time when you had to plan a meal or dish for a special event. What were the considerations you had to make in the planning process?

What did you do to ensure that you meet these considerations?

2. Can you give an example of a situation when you had limited time and had to make a meal?

What kind of meal did you choose to prepare and why?

How did you manage your time to ensure the meal was ready when needed?

3. Consider a day when you have lots of time and want to try cooking a more complex meal. What steps would you need to take in terms of planning, shopping, and preparing?

How would you manage your time during the cooking process to ensure all components of the meal are ready at the same time?

4. How does the size of your food budget influence your meal planning and grocery shopping? Provide examples of the types of meals and ingredients you might choose if you had a smaller or larger budget.

5. Discuss the relationship between convenience and cost when preparing meals. Can you give examples of situations where you might choose convenience over cost and vice versa?

6. How does the Australian Guide to Healthy Eating and the Australian Dietary Guidelines help you make healthier food choices?

Can you give examples of how you might apply this advice in your meal planning and preparation?

7. Discuss the concept of 'mindful eating'.

Discuss the concept of 'portion control'.

How can these practices influence our health, and how can they be implemented in our daily life?

8. What healthy cooking methods can enhance the nutritional value of meals?

How might you adapt a recipe to make it healthier using these methods?

9. How might prioritising sustainability in our food choices influence where and how we shop for groceries?

10. How can adopting a sustainability-focused approach to food, such as choosing locally sourced and seasonal produce, contribute to a more sustainable food system?

Written Activity Two

Meatless Mondays and the Environment

Read the information at this link: <https://www.mondaycampaigns.org/meatless-monday/about>

Watch this video: https://youtu.be/6_W8YSeTWnE

Your task is to write a persuasive essay encouraging people to participate in Meatless Monday and explain why it is important for the environment.

Below are step-by-step instructions for writing a persuasive essay.

Introduction:

Start with an attention-grabbing opening sentence or a relevant quote to hook the reader.

Provide a brief overview of Meatless Monday, explaining that it is a global campaign encouraging people to go meat-free on Mondays.

State your stance on the importance of Meatless Monday for the environment.

Background Information:

Provide background information about the environmental impact of meat consumption, such as greenhouse gas emissions, water usage, and deforestation associated with livestock production.

Explain how these environmental issues contribute to climate change, water scarcity, and loss of biodiversity.

Benefits of Meatless Monday:

Present the benefits of participating in Meatless Monday for the health of the planet:

- **Reduced carbon footprint:** Explain how reducing meat consumption can help lower greenhouse gas emissions and combat climate change.
- **Water conservation:** Discuss how meat production requires significant amounts of water and how going meatless can help conserve this valuable resource.
- **Preservation of forests:** Describe how the livestock industry drives deforestation for grazing land and feed production and how choosing plant-based meals on Mondays can help protect forests.

Present the benefits of participating in Meatless Monday for the health of people:

- **Address potential concerns about nutrition and health** when adopting a meatless diet.
- **Explain that a well-planned vegetarian or vegan diet** can provide all the necessary nutrients and offer numerous health benefits.
- **Mention the importance of including a variety of plant-based protein sources** and other essential nutrients in one's diet.

Concerns about Meatless Mondays

- **Nutritional Concerns:** Some argue a meatless diet lacks essential nutrients like protein, iron, and vitamin B12, raising concerns about meeting nutritional needs without meat.
- **Cultural and Personal Preferences:** Critics claim Meatless Mondays interfere with cultural practices and personal enjoyment of food, which often include meat as a central component.
- **Economic Impact:** Reduction in meat consumption on Mondays may negatively affect the meat industry and related businesses, potentially leading to job losses and economic repercussions.

Conclusion:

Summarise your main points and restate the importance of Meatless Monday for the environment.

End with a compelling closing statement that leaves a lasting impression on the reader.

Citing References and a Bibliography

Watch this video to find out how to cite resources in your Research Inquiry Report: <https://youtu.be/hqHusfPzLys>

Watch this video to find out how to use Microsoft Word to cite references and create a bibliography:

<https://youtu.be/8okEQzUSbd0>

How can I make sure the information I use is valid?

To determine the validity of the information used in your Research Inquiry Report, consider the following criteria:

- **Source:** Consider the credibility and expertise of the source by assessing factors such as the author's qualifications, the reputation and reliability of the publication or website, and whether the information is supported by other reputable sources.
- **Purpose:** Examine the purpose behind the information. Identify potential biases or motivations that may influence the content, such as political, commercial, or ideological interests. Look for balanced and objective perspectives.
- **Context:** Evaluate the relevance and applicability of the information to your research question. Consider the date, geographical location, and cultural or social factors that may impact the validity of the information in relation to your specific context.
- **Presentation of evidence:** Assess how evidence is presented. Look for clear references to data, research studies, or expert opinions that support the information. Check for proper citations and cross-references to ensure accuracy and reliability.
- **Language use:** Analyse the language used in the information. Look for clear, concise, and objective communication. Watch out for exaggerated claims, loaded language, or emotional appeals that might indicate bias or lack of credibility.

Written Activity Three

Reducing Food Waste Through Effective Meal Planning

In this task, you will pretend to be a well-known food blogger. Your task is to prepare a blog or video about reducing food wastage in the home through effective meal planning, management, and decision-making. The video you create must contain engaging and informative content with the following information.

Tip about Meal Planning:

- Explain the importance of meal planning in reducing food waste.
- Provide a practical tip or strategy for effective meal planning.

Storage Tip:

- Describe a storage tip or technique that helps extend the shelf life of food.
- Explain how proper storage can prevent food waste.

Tip about Using Leftovers:

- Share a creative idea for using leftovers to create new meals or repurpose ingredients.
- Highlight the benefits of using leftovers to minimize food waste.

Tip about Over Purchase:

- Discuss a tip or strategy to avoid over-purchasing food items.
- Explain how shopping choices can help reduce food waste.

Tip about Other Benefits:

- Explore and explain other benefits of reducing food waste besides saving money.
- Provide examples of how reducing food waste positively impacts the environment or community.

Content Creation:

Choose one of the following formats to present your content:

- Written Blog Post or Video - Consider visuals, storytelling techniques, and engaging presentation to enhance your message.

Reflection Discussion Questions:

Reflect on the activity and your content creation process:

1. What insights did you gain about reducing food waste through effective meal planning?
2. What challenges did you face while creating your content, and how did you overcome them?
3. How do you think your content will engage and educate your followers?

Written Activity Four

4 Ingredients!

In this activity, you will analyse the 4 Ingredients model's approach to health, sustainability, and cost-effectiveness in food preparation.

Visit the website: [www. https://www.4ingredients.com.au/recipes](https://www.4ingredients.com.au/recipes)

Select one savoury and one sweet recipe to examine.

Using the PMI chart below, list the Pluses, Minuses, and Interesting points about each of the recipes with regard to how they best meet health, sustainability, and cost-effectiveness goals and values.

4 Ingredients Recipes	Goals and Values	Pluses (Positive aspects),	Minuses (Negative aspects),	Interesting Points (Thought-provoking observations)
Savoury Recipe	Health			
	Sustainability			
	Cost-effectiveness			
Sweet Recipe	Health			
	Sustainability			
	Cost-effectiveness			

Group Discussion Questions:

1. What were some common Pluses, Minuses, and interesting points that many groups shared?
2. Were there any points that sparked disagreement or debate within your group?
3. How well does the 4 Ingredients model balance health, sustainability, and cost-effectiveness?

Written Activity Five

4ingredients: A Recipe for Disaster!

Read the article at this link: <https://www.adelaidenow.com.au/ipad/ingredients-a-recipe-for-disaster/news-story/cfb0685657640f7ddb1c209042a817e7>

Answer the following questions:

1. What are the 4 Ingredients recipe books and the TV show all about?

2. How did the author of the article describe the recipes featured on the 4 Ingredients show? Provide examples from the article.

3. According to the article, what is the author's opinion of the cooking show and its concept? Explain.

4. Why does the author criticise the use of ingredients in the 4 Ingredients recipes?

5. How does the author feel about the simplicity of the 4 Ingredients recipes? Provide evidence from the article to support your answer.

6. What does the author suggest about the potential drawbacks of using only four ingredients in every recipe?

7. In contrast to the 4 Ingredients approach, what type of cooking does the author prefer? Why?

8. How do the author's values and goals, in terms of time, money, health, and sustainability, differ from the values and goals of the authors of the 4 Ingredients book and TV show?

Practical Activity One

MasterStyle Competition

Design Brief: You and your fellow classmates have been handpicked as the *crème de la crème* of young culinary talents to compete in an exciting MasterStyle Cooking Competition. In this prestigious challenge you will need to work in a team to create a dish that is visually stunning, and destined to be the talk of the school!

Your mission is to make a showstopping masterpiece featuring succulent baked chicken, a medley of three-coloured steamed vegetables, perfect duchess potatoes, and a gravy that promises an unexpected twist.

Before the clock starts ticking, you will have the opportunity to develop a timeplan. This crucial step will ensure that every second counts and that your culinary vision is executed within one hour. You will not have access to the recipes in the competition, the timeplan is all you will have! You will also need to clean up in this time.

Baked Chicken or Tofu

Ingredients:

2 chicken breasts (or tofu steaks)

Salt and pepper to taste

Instructions:

1. **Preheat** the oven to 200°C (180°C fan-forced)
2. **Season** the chicken breasts (or tofu steaks) with salt and pepper.
3. **Place** the chicken breasts (or tofu steaks) on a baking sheet lined with parchment paper.
4. **Roast** in the preheated oven for 20-25 minutes until the chicken is cooked through or tofu is lightly browned.

Duchess Potatoes

Ingredients:

250g potatoes

½ egg, beaten

15g butter, softened

15g grated cheese (such as cheddar or Parmesan)

Pinch of nutmeg

Salt and pepper to taste

Instructions:

1. **Cook** the potatoes in a pan of boiling salted water for 15 minutes until tender.
2. **Drain** the potatoes well and let them steam-dry in the pan for 2 minutes.
3. **Mash** the potatoes until smooth. Use a ricer or a masher, then **press** the potatoes through a metal sieve to ensure they're lump-free.
4. In a large bowl, **mix** the egg yolk, softened butter, and grated cheese. **Add** the mashed potatoes, nutmeg, and season with salt and pepper. **Mix** well until the butter has melted and incorporated into the mash, creating a smooth mixture.
5. **Preheat** the oven to 220°C (200°C fan-forced).
6. **Spoon** the mashed potatoes into a piping bag fitted with a wide star nozzle.
7. **Line** a baking sheet with parchment paper, lightly brushed with vegetable oil.
8. **Pipe** 20 walnut-sized peaked mounds of mashed potatoes onto the prepared baking sheet, resembling cupcake icing.
9. In a separate bowl, **beat** the egg white with a pinch of salt. Gently **brush** the egg white over the potato mounds to create a fluted texture.
10. **Bake** the potatoes for 15-20 minutes until golden-brown and crisp.

Steamed Vegetables**Ingredients:**

Assorted coloured seasonal vegetables

Salt to taste

Instructions:

1. **Prepare** the vegetables by washing and cutting them into bite-sized pieces.
2. Set up a steamer or use a steaming apparatus.
3. **Steam** the vegetables over simmering water until they are tender yet crisp. Cooking times may vary depending on the vegetables used.
4. Once steamed, **remove** the vegetables from the steamer and **keep** them warm.

Gravy-Style Sauce**Ingredients:**

2 tablespoons butter

2 tablespoons all-purpose flour

1 cup vegetable or chicken broth

1/2 cup milk

1 teaspoon soy sauce

Salt and pepper to taste

Instructions:

1. In a saucepan, **melt** the butter over medium heat.
2. **Add** the flour to the melted butter and **whisk** together to form a smooth paste, called a roux.
3. **Cook** the roux for 1-2 minutes, stirring constantly, until it turns a light golden color.
4. Slowly **pour** in the vegetable or chicken broth, **whisk** constantly to prevent lumps from forming.
5. **Add** the milk and continue to **whisk** until the mixture is smooth and well combined.
6. **Stir** in the soy sauce and **season** with salt and pepper to taste.
7. **Bring** the sauce to a simmer over medium-low heat, stirring frequently.
8. **Cook** for 5-10 minutes, or until the sauce has thickened to your desired consistency.
9. **Remove** from heat and let it cool slightly before serving.

Suggested Flavourings

Italian-style: 1 teaspoon dried oregano, 1 teaspoon dried basil, and a pinch of red pepper flakes.

Asian-style: 1 tablespoon soy sauce, 1 teaspoon grated ginger, and 1 teaspoon sesame oil.

Onion and garlic: Sauté finely chopped onion and minced garlic in the butter before adding the flour to the sauce. This will add a savory and aromatic flavor to the sauce.

Worcestershire sauce: A few dashes of Worcestershire sauce can add a tangy and slightly sweet flavor to the sauce. Adjust the amount according to your taste.

Dijon mustard: Stir in a teaspoon of Dijon mustard.

Wine or sherry: Deglaze the pan with a splash of white wine or dry sherry before adding the broth. This adds complexity and richness to the sauce. Be sure to cook off the alcohol before proceeding with the recipe.

Tamari or soy sauce: A small amount of tamari or soy sauce can contribute a savory umami flavour to the sauce. Add it gradually and taste as you go, as it can be quite salty.

Creating a Timeplan

A timeplan is a crucial tool to ensure efficient workflow and optimal use of time during the MasterStyle Cooking Competition. Follow these steps to develop a comprehensive timeplan:

Before starting the timeplan, thoroughly review the recipe and familiarise yourself with the required tasks, cooking times, and any specific instructions. Identify the components that require the longest cooking time or have multiple steps. You need to have everything ready simultaneously at the end of the 60 minutes.

Unlike MasterChef, in this competition, it is crucial to maintain clean and tidy work areas throughout the 60 minutes. Cleaning as you go must be an integral part of your timeplan, ensuring a safe and organised environment. Keep your stations tidy, dispose of waste promptly, and prioritize cleanliness alongside your cooking tasks so that your workarea is ready for the next class at the end of your 60 minutes.

Remember, a well-structured timeplan is the key to success in this high-stakes competition. It will help you manage your time effectively, ensure all components are ready on time, and present a flawless dish that impresses both the judges and spectators.

Instructions for Developing the Timeplan

1. In the first column, record the time for each task in five-minute or more allotments.
2. In the second column, write down the specific task that needs to be completed at each designated time. For example, "Preheat oven," "Start marinating chicken," "Chop vegetables," etc. Make sure to include all the ingredients, quantities required, and necessary tasks required for the recipe.
3. In the third column, assign tasks to each person in the team. Write the name of the team member responsible for each task.
4. In the fourth column, make notes. The Notes column is a space where you can record any important information related to the task at hand. This can include variations in the recipe, important tips, safety precautions, or hygiene rules to follow.
5. In the fifth column, track your progress. As each stage is completed, mark the checkbox in the final column to indicate that the task has been successfully finished.

Important Tips:

Follow the timeplan diligently: Refer to the timeplan regularly and keep track of the time remaining. It will serve as your guide throughout the competition, helping you stay organized and focused on completing tasks efficiently.

Adapt and communicate: Be prepared to make adjustments to the timeplan if needed. As you work through the recipe, communicate with your team member/s and make necessary modifications based on the cooking progress and any unforeseen circumstances.

Fill in a timeplan like the one below:

Time	Task	Student	Notes	Checkbox

Practical Activity Two

4ingredients!

In this activity, you will work in a group of four to analyse the 4 Ingredients model's approach to health, sustainability, and cost-effectiveness in food preparation.

1. **Visit** the website: [www. https://www.4ingredients.com.au/recipes](https://www.4ingredients.com.au/recipes)
2. **Select** one savoury and one sweet recipe to examine.
3. Using the PMI chart below, list the Pluses Minuses and Interesting points about each of the recipes with regard to how they best meet health, sustainability, and cost-effectiveness goals and values.

4 Ingredients Recipes	Goals and Values	Pluses (positive aspects),	Minuses (negative aspects),	Interesting Points (thought-provoking observations)
Savoury Recipe	Health			
	Sustainability			
	Cost-effectiveness			
Sweet Recipe	Health			
	Sustainability			
	Cost-effectiveness			

4. Group Discussion Questions:

- What were some common Pluses, Minuses, and Interesting points that many groups shared?
 - Were there any points that sparked disagreement or debate within your group?
 - How well does the 4 Ingredients model balance health, sustainability, and cost-effectiveness?
5. Working in your group of four, you are required to make the 4 ingredient versions and healthier versions of your savoury and sweet recipes.

Complete a recipe template for each of the recipes you design.

Complete the recipe template below:

Student Name:		
Recipe Name:		
Source/ Weblink:		
Serves:		
Preparation Time:		
Cooking Time:		
Specialised Equipment:		
Ingredients: (include the quantities required for one or two serves only)		
Method:		
Process/ Term and Definition:		
Principles of safe and hygienic food handling practices:		

Summary Activity

Complete the following tasks.

What is the main idea about this key knowledge and key skills?	
Write two or three sentences in your own words.	
What are the overall benefits of effective planning and management in the kitchen?	
How does time as a resource impact meal planning, shopping, and preparation?	What strategies can be employed to effectively manage time during cooking?
How does money as a resource impact meal planning and preparation?	What strategies can be employed to effectively manage money when meal planning, shopping, and preparing food?

How might people's personal values of health influence people's meal planning decisions?	What considerations should be made regarding health when meal planning, shopping, and preparing meals?
How might people's personal values of sustainability influence people's meal planning decisions?	What considerations should be made regarding sustainability when meal planning, shopping, and preparing meals?

Exam Preparation

Multiple-Choice Questions (5 marks)

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

Question 1

Identify the statement that best describes the difference between a value and a resource.

- a. Values are things you can touch or physically possess, while resources are abstract ideas or concepts.
- b. Values are beliefs and personal preferences, while resources are things that can be used to achieve objectives.
- c. Personal needs determine values, while resources are universally agreed upon.
- d. Values are objective and universally agreed upon, while personal beliefs determine resources.

Question 2

Which of the following food-related scenarios represents a decision that someone who values health may find difficult to make?

- a. Amy is invited to a birthday party and cannot decide whether she should go to the gym or attend the party.
- b. Claire is contemplating whether to buy a bag of chips or a bag of candy as a snack.
- c. Ben is trying to choose between eating a balanced meal with vegetables and lean protein or ordering a large pepperoni pizza.
- d. David is deciding between having a small piece of dark chocolate or a sugary donut as a dessert.

Question 3

What statement best describes the role of time in food preparation?

- a. Time management during cooking is crucial for multitasking and ensuring all dishes are ready when needed.
- b. The time spent on cooking has no impact on the taste or quality of the final dish.
- c. Effective time management primarily influences the decision-making process during meal planning and shopping.
- d. Quick and convenient meal options like One Pan Dinners and meal prepping eliminate the need for time management in cooking.

Question 4

Identify the action that demonstrates a value for sustainability in relation to food.

- a. Ben decides to buy the cheaper breakfast cereal to save money.
- b. Claire focuses on maintaining a balanced diet to prioritise her health and well-being.
- c. David regularly prepares homemade meals to spend quality time with his family.
- d. Amy chooses to purchase locally grown fruits and vegetables from her local farmers' market.

Question 5

Jamie needs to prepare a meal for her family. She has little available time. Which of the following meals would be most suitable for Jamie to prepare?

- a. Slow-cooked beef stew that requires several hours of simmering on the stovetop.
- b. A one-bowl stir-fry.
- c. Homemade lasagne with multiple layers of ingredients and a lengthy baking time.
- d. Grilled steak with a marinade needs to be prepared in advance and left to marinate for several hours.

Short Answer Questions (8 marks)

Question 1 (2 marks)

Explain how having limited available time to devote to meal preparation and cooking may influence people when they are shopping for groceries.

Question 2 (2 marks)

Explain how having limited income may influence peoples' food choices when they are shopping for groceries.

Question 3 (2 marks)

Explain how valuing health may influence a person's decisions when making a meal.

Question 4 (2 marks)

Explain how valuing sustainability may influence a person's decisions when making a meal.