Evaluating my Accuracy. Before, this process I had never endured on cooking a lasagna from scratch before, this meant I was very unsure of what I was going to expect, however, I was prepared to work hard individually to improve my knowledge of cooking complex dishes. After each trial, I took it upon myself to analyze everything that I did well and not so well, this meant that I was able to improve my lasagna for next time, and enabling myself to better my professionalism. When making the lasagna, it was definitely not perfect the first time, as there were many errors that I needed to improve on. An example of this being, the dryness of the lasagna as a whole. however, I managed to improve this as previously stated, due to analysing the good point to continuing doing them, and the bad point, to adapt and learn what to do instead if something is not working. When carrying out this process of making lasagna , I deeply took into account the level of accuracy that needed to go into it. An example of this being, when rolling out the dough, I ensured the kitchen aid was on 8 each time, in order to ensure consistency and accuracy. Because I have tried this and I now know it works, I am able to set it to 8 each time knowing that my lasagna sheets will be thin and consistent but will not break, therefore making my lasagna to the best of my ability.

①

Evaluating how I was independent.

Throughout this unit, I have shown my independence while using the kitchen by myself. Meaning I apply basic kitchen safety skills appropriately along with comprehending how the kitchen operates when using the facilities at the same time. This is shown by making a successful lasagna as there are complex factors involved mainly including the making of the pasta, as most people buy the sheets made. I began by making the dough in the thermomix, then kneading the dough with my hands, and putting it into the fridge to cool. Once the dough was cooled I had to roll it out. Throughout my trials, I found that the eclectic roller was the most efficient, and effective. Therefore, each trial after and from now on when making lasagna for my family, I will ensure to roll out the dough with an electric roller, as it makes the pasta thin, consistent, and delicious. As said above from this I learnt to maintain the roller on size 8, as that gives the perfect consistency for lasagna. This was all done with very little help from ▓▓▓▓▓▓

②

Predicted costs			
Prime beef mince	300g	2.6	
olive oil	4tbsp	0.39	
brown onion	113g	0.11	
garlic	1g	0.04	
carrot	50g	0.14	
stock beef	1.5cups	1.28	
tinned tomatoes	800g	3.9	
parsely	6.7g	0.02	
baby spinach	.5 cup	0.46	
parmesan	1 cup	4.84	
diced tomatoe	90g	0.69	
capsicum	220g	1.79	
oregano	1Tbsp	0.4	
thyme	1Tbsp	0.15	
butter	4Tbsp	0.33	
flour	200g	0.12	
milk	4 cups	3.5	
cheddar cheese	200g	2.12	
salt	1Tbsp	0.02	
pepper	1Tbsp	0.4	
1 egg	65g	0.65	
SUBTOTAL		23.95	
labour		60	
energy		8.46	
packaging		0.2	
		92.61	
16 slices		5.78	one portion

③

Calculated predicted costs per unit of finished product

Labour: 20(minimum wage) x 3 (hours) = $60
Foil trays= $0.20
Ingredients= $24.17
12 servings (2x 20cm by 5.5cm containers)
Total=$84.37

Stove top

Cost Per Hour: **0.1500**	Hours Used Per Day: 1
Cost Per Day: **0.1500**	Power Use (Watts): 1500
Cost Per Month: **4.56**	Price (kWh): 0.10
Cost Per Year: **54.76**	Calculate Reset
kWh Per Day: **1.50**	

Freezer

Cost Per Hour: **0.0035**	Hours Used Per Day: 24
Cost Per Day: **0.0840**	Power Use (Watts): 35
Cost Per Month: **2.56**	Price (kWh): 0.10
Cost Per Year: **30.66**	Calculate Reset
kWh Per Day: **0.84**	

Oven

Cost Per Hour: **0.2400**	Hours Used Per Day: 0.75
Cost Per Day: **0.1800**	Power Use (Watts): 2400
Cost Per Month: **5.48**	Price (kWh): 0.10
Cost Per Year: **65.71**	Calculate Reset
kWh Per Day: **1.80**	

Refrigerator

Cost Per Hour: **0.0180**	Hours Used Per Day: 24
Cost Per Day: **0.4320**	Power Use (Watts): 180
Cost Per Month: **13.14**	Price (kWh): 0.10
Cost Per Year: **157.70**	Calculate Reset
kWh Per Day: **4.32**	

Final costing			
Prime beef mince	330g	2.86	
olive oil	4tbsp	0.39	
brown onion	113g	0.11	
garlic	1g	0.04	④
carrot	50g	0.14	
stock beef	1.5cups	1.28	
tinned tomatoes	800g	3.9	
parsely	6.7g	0.02	
baby spinach	.5 cup	0.46	
parmesan	1 cup	4.84	
diced tomatoe	90g	0.69	
capsicum	220g	1.79	
oregano	1Tbsp	0.4	
thyme	1Tbsp	0.15	
butter	4Tbsp	0.33	
flour	235g	0.15	
milk	4 cups	3.5	
cheddar cheese	200g	2.12	
salt	1Tbsp	0.02	
pepper	1Tbsp	0.4	
2 eggs	65g	1.3	
SUBTOTAL		24.89	
labour		80	
energy		8.46	
packaging		0.2	
		113.55	
yield	12	9.4	one portion

Final costs per unit of finished product

Labour: 20(minimum wage) x 4 (hours) = $80
Foil trays= $0.20
Ingredients= $24.17
12 servings (2x 20cm by 5.5cm containers)
Final cost=$104.37

As we can see my final energy cost is the same as my predicted energy cost. I believe this to be because at the time I thought I was over compensating for the amount of time I was using the facilities, however after timing each one, I believed it actually does take this amount of time. However, the labour wage increased. This is due to the fact that making a lasagna is intensely time consuming, therefore, I did not think it would take over 3 hours, however it ended up taking 4 hours on average after timing each trail. This brings my final cost up $20 as the hourly labour wage is that amount.

Oven

Cost Per Hour: 0.2400	Hours Used Per Day: 0.75
Cost Per Day: 0.1800	Power Use (Watts): 2400
Cost Per Month: 5.48	Price (kWh): 0.10
Cost Per Year: 65.71	Calculate Reset
kWh Per Day: 1.80	

Stove top

Cost Per Hour: 0.1500	Hours Used Per Day: 1
Cost Per Day: 0.1500	Power Use (Watts): 1500
Cost Per Month: 4.56	Price (kWh): 0.10
Cost Per Year: 54.76	Calculate Reset
kWh Per Day: 1.50	

Freezer

Cost Per Hour: 0.0035	Hours Used Per Day: 24
Cost Per Day: 0.0840	Power Use (Watts): 35
Cost Per Month: 2.56	Price (kWh): 0.10
Cost Per Year: 30.66	Calculate Reset
kWh Per Day: 0.84	

Refrigerator

Cost Per Hour: 0.0180	Hours Used Per Day: 24
Cost Per Day: 0.4320	Power Use (Watts): 180
Cost Per Month: 13.14	Price (kWh): 0.10
Cost Per Year: 157.70	Calculate Reset
kWh Per Day: 4.32	

showing independence and accuracy when executing complex procedures **For example (partial evidence):** *The student has independent work ethic & makes the agreed product with minimal advice and guidance from the teacher*		X	
predicting costs and comparing actual and predicted costs per unit of finished product. **For example (partial evidence):** *The student has evidence of considering cost with each trail.*	⑤	X	