



Republic of the Philippines  
**Department of Education**  
National Capital Region  
Schools Division Office – Muntinlupa City

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**SPECIAL PROGRAM FOR TECHNICAL VOCATIONAL EDUCATION (SPTVE)**  
**Cookery Grade 8 Quarter 3 Week 4**

**I. Topic: Portion and Plate Food**

**II. Objectives:**

At the end of this module, you are expected to:

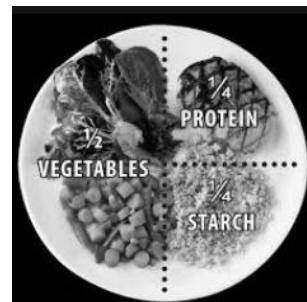
1. explain how to portion and plate food correctly;
2. portion and plate food based on standard; and
3. present and serve foods neatly and attractively.

**III. Brief Introduction of the Lesson**

The lesson deals with the proper ways of portioning, plating and serving of foods. To ensure a healthy balanced meal it is important to include vegetables, fruits, carbohydrates and starchy foods, proteins, dairy and healthy fats. The practice of proper portioning of food ensures that the recommended healthy portions are served.

**Correct portioning of foods based on standard:**

- $\frac{1}{2}$  of your plate should be fruit and vegetables
- $\frac{1}{4}$  of your plate whole grains
- $\frac{1}{4}$  of your plate lean protein



**Importance of portioning plate:**

- Aids in consumers decision making. It is a strategy that someone can start using right away with their next meal
- Visual cues help re-train the mind and help increase awareness of proper portion sizes
- The divisions of the plate help us to understand the proper proportion and components of a healthy diet ( $\frac{1}{4}$  lean protein,  $\frac{1}{4}$  whole grains,  $\frac{1}{2}$  fruits and vegetables.)
- The colors, forms, and plate designs offer opportunities to incorporate teaching principles of the new food guide pyramid
- Luncheon-sized plate helps people serve themselves smaller portions and control unintentional over-eating
- Helps children develop better and healthy eating habits.





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Food plates must be presented and served neatly and attractively without drips or spills.

**Ingredients for harmonious presentation**

- Use flavours in the food and colors on the plate.
- Use variety of ingredients for a more interesting appearance.

**Ways of presenting foods neatly and attractively**

- Be sure that the dishes are neat and clean before serving
- Plate rims should be cleared of any extra sauce and spice
- Food should be put within the plate's rim
- Mix up shapes on the plates
- Choose many different-sized plates
- China and serving dishes need to complement the food.

**Suggestions to obtain balance and contrast in arranging food**

- Texture
  - Foods can be grainy, shiny smooth, velvety, coarse, rough or smooth.
  - Combine hard and soft texture, smooth and rough. (similar texture are boring)
- Shape
  - Combine foods with different shapes.
- Ready to arrange
  - When plating up, don't leave too much space between items, but don't over crowd. Don't leave everything huddled in the center; don't go over the rim either.
- Focus
  - Select the point of focus. It doesn't have to be in the center of the plate.
- Flow
  - How should the eye travel? Think about scanning a beautiful sunset. That's how customers should look at a plate.
  - Be sure that the items are arranged in a way that allows the eye to travel in a pleasant, appetizing manner.
- Decorating plates

Here are some options for decorating rims and plates.

  - Herbs, nuts and spices can be finely chopped and ground.  
Apply a very light coating of oil on the rim and sprinkle with herbs, nuts and spices.  
Tip off excess before adding food.
  - Use the same sauce served on the rest of the plate.
  - For dessert plates, you can create a paper template and sprinkle with cocoa or powdered sugar.





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#### IV. Activities

##### Activity 1: Draw a Portion Plate

Directions: Create a plate showing the correct portioning of foods based on standard.

Materials:

- Cut out pictures of food from old magazine and paste it on the circle as plate.
- 1 paper plate
- Scissor
- Glue/paste
- Art materials

Note: You may also draw the required project if there no old magazines available.

Criteria:

Creativity ----- 30  
Resourcefulness ----- 25

Content ----- 25  
Presentation ----- 20  
Total-----100%

##### Activity 2: Scrapbook Making

Directions: Look for pictures showing the correct portioning of food that follows harmonious presentation. You can use recycled materials for your scrapbook like old magazine/notebook, cut out picture from magazines, printout and drawing will do. Take a picture of your work, pass thru messenger or in school.

Criteria:

Creativity ----- 30  
Resourcefulness ----- 25

Content ----- 25  
Presentation ----- 20  
Total-----100%

##### Activity 3: Performance Task.

Directions: At home, with the help of family members and available materials. Prepare a simple food presentation applying the correct portioning of food based on standard. Take a video or picture of yourself doing the task and send to your teacher thru messenger.

Criteria:

Creativity ----- 30  
Resourcefulness ----- 25

Content ----- 25  
Presentation ----- 20  
Total-----100%





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## V. Assessment

Directions: Encircle the letter of the correct answer.

1. Which is the correct portioning of foods based on standard?
  - A.  $\frac{1}{2}$  of your plate should be fruit and vegetables
  - B.  $\frac{1}{3}$  of your plate should be fruit and vegetables
  - C.  $\frac{1}{4}$  of your plate should be fruit and vegetables
  - D.  $\frac{1}{5}$  of your plate should be fruit and vegetables
2. It is an interactive tool for teaching consumers appropriate food portioning.
  - A. Portion Control
  - B. Portion Plate
  - C. Weighing Control
  - D. All of these
3. Herbs, nuts and spices when used as decoration in a plate, should be \_\_\_\_\_.
  - A. finely chopped and ground
  - B. grated
  - C. sliced in small pieces
  - D. whole
4. In presenting foods neatly and attractively it is best to choose
  - A. different sizes of plates.
  - B. one color of plates
  - C. decorative plates
  - D. antique plates
5. How many percent fats is the ideal daily intake?
  - A. less than 20%
  - B. less than 30%
  - C. less than 40%
  - D. less than 50%

## VI. Reflection:

What significant learning did I gain from the lesson?

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How do I apply in actual situation the knowledge and skills that I gained from this lesson?

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## References

Book

Lewis, Dora, Pecham, Gladys Cetik, Hovey, Helen Stone, Family Meals and Hospitality, pp.19-144  
Cruz, Rosario Caridad, THE in the 4<sup>th</sup> Century, Manila, Philippines, p. 108-109

Writer: RUBY O. GOTGOTAO

Validator: ELEANOR DESPUIG



Centennial Ave., Brgy. Tunasan, Muntinlupa City  
Telephone No: 805-9935 / 805-9938  
www.depedmuntinlupa.iedu.ph; sdo.muntinlupa@gmail.com

