

The Anatomy of a Signature Dish

Food Technology printable challenge pack



Design a layered, rolled or stacked dish that looks intentional, tastes balanced and can be explained through an exploded-view food poster.

Challenge Snapshot

Students analyse the four inspiration posters, plan their own signature food concept, create or assemble the dish safely, then communicate the ingredient roles in a clean poster-style layout.



Sushi Roll

Balance, precision, texture

Look for: ingredient order, colour contrast, callouts, chef tips and the way each layer has a purpose.



Shawarma Wrap

Bold flavour, fresh layers

Look for: ingredient order, colour contrast, callouts, chef tips and the way each layer has a purpose.



Club Sandwich

Stacking, structure, crunch

Look for: ingredient order, colour contrast, callouts, chef tips and the way each layer has a purpose.



Gourmet Burger

Seasoning, sauce, contrast

Look for: ingredient order, colour contrast, callouts, chef tips and the way each layer has a purpose.

Student Challenge Brief

Read this page before beginning your design.



Design Brief

Create a signature food item that is layered, rolled or stacked. Your dish must show balance across flavour, texture, colour and structure. You will explain the role of each ingredient using an exploded-view poster.

Must Include

- ☐ Base, bread, wrap or rice
- ☐ Protein or plant protein
- ☐ Fresh produce
- ☐ Sauce, spread or seasoning
- ☐ Crunch or texture element
- ☐ Finishing garnish or topping

Constraints

- ☐ Use safe food handling
- ☐ Work within available ingredients
- ☐ Consider budget and food waste
- ☐ Manage allergies and cross-contact
- ☐ Finish within the lesson time

Design Process

- 1 Analyse** Study the four examples and identify what makes each design successful.
- 2 Brainstorm** Generate at least three possible dish ideas before choosing one.
- 3 Plan** Sketch the anatomy of your dish and justify each ingredient choice.
- 4 Create** Prepare or assemble your dish safely and neatly.
- 5 Evaluate** Reflect on strengths, improvements and how well the final dish met the brief.

Success Criteria

Successful designs are balanced, purposeful, safely produced, clearly labelled and beautifully presented.

Brainstorm and Ingredient Planning

Use this page to plan your signature dish before cooking.



Three Possible Ideas

Idea 1: _____

Main flavour direction: _____

Idea 2: _____

Main flavour direction: _____

Idea 3: _____

Main flavour direction: _____

Chosen Dish Concept

Dish name: _____

Target user or occasion: _____

Ingredient Roles

Component	Ingredient choice	Purpose in the dish
Base or wrap		
Protein or plant protein		
Fresh produce		
Sauce or seasoning		
Crunch or texture		
Finishing garnish		

Flavour and Texture Goal

My dish should taste... _____

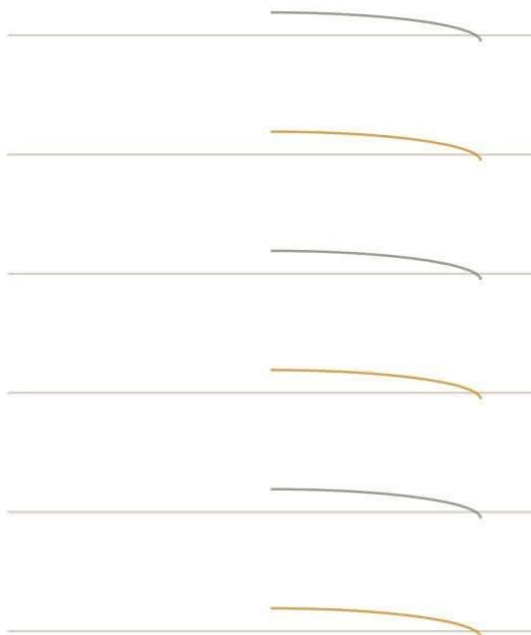
Exploded-View Poster Planner

Use this page to plan the anatomy poster layout.



Sketch Your Layers

Draw your exploded-view food concept here. Space out the layers so each ingredient can be labelled clearly.



Ingredient Callouts

Layer 1: _____

Function: _____

Layer 2: _____

Function: _____

Layer 3: _____

Function: _____

Layer 4: _____

Function: _____

Layer 5: _____

Function: _____

Layer 6: _____

Function: _____

Poster Requirements

- | | |
|---|--|
| ☐ Title that names the dish | ☐ Clear visual hierarchy |
| ☐ Labels for each ingredient layer | ☐ Short explanation of each ingredient role |
| ☐ One chef tip or food preparation tip | ☐ Practical Food Teacher style: neat, fresh, purposeful |

Production, Evaluation and Checklist

Complete this after making or presenting your dish.



Food Safety Check

- | | |
|--|---|
| ☐ Washed hands and prepared workspace | ☐ Avoided cross-contamination and allergen cross-contact |
| ☐ Used equipment safely | ☐ Stored and served food safely |
| ☐ Cleaned and sanitised workspace | |

Evaluation Reflection

What worked well in your dish design?

What would you improve next time?

Quick Rubric

Criteria	Developing	Sound	Strong
Flavour balance	☐	☐	☐
Texture contrast	☐	☐	☐
Construction and presentation	☐	☐	☐
Ingredient explanations	☐	☐	☐
Food safety and organisation	☐	☐	☐