For this victoria sponge exercise, use a wedge of sandwich sponge with berry compote. Start with 75 g of the base and 15 g of berry compote per full portion. These are trial weights to compare against your own recipe.

Give a colleague the two trial weights below and one photograph of a finished portion. Have them plate four examples without coaching. Compare their first and fourth plates. Add a single instruction to the card about the difference that mattered most, then run the exercise with a second colleague.

Look at the exposed jam line after cutting. Pressing down on the upper sponge while moving the slice can squeeze filling towards the rim.

A four-plate practice run takes 300 g of the base and 60 g of the finish. Weigh the components separately before service so a generous finish **whipped cream silver cylinder** cannot conceal a short base portion.